



Coming Back When Tragedy Strikes

April 20/21, 2013

Connect with Others (Choose One)

1. As a child, who was the troublemaker in your family? Who was the peacemaker?
2. How do you tend to react to evil or injustice in the world? What is the first part of your body to serve as an alarm clock that “something’s wrong”

Commit to Growth

Read Psalm 37:1-40

1. **With godly wisdom, David informs us how to react when evil people prosper and are successful because of their wicked schemes, especially if the offense is against us. From each of the following verses (37:1, 7, 8), what are we told NOT to do?**

We are instructed not to fret and to not be envious of the wicked. Fretting is allowing yourself to be consumed by anger and rage. It is playing the offense over and over in your mind.

2. **Give a contemporary or current example of the situation described in 37:7. This could be something you have heard or read about or a more personal example from your own experience.**

I’m sure your group will have many personal examples; generally, some examples are: Unfair reporting in the media; People who cheat on taxes or cut corners in other ways; Someone who spreads gossip or talks behind a person’s back; Someone making judgments and without knowing the whole story; False accusations; spreading untruths, etc. Even Christians who seem to get away with wrong behavior.

3. **Considering the definition for fret, why do you think God says not to fret over unjust circumstances? From your experience, what evil or harm (37:8) does fretting lead to?**

- Fretting doesn't change or resolve the situation
- Negative emotions hurt us
- Anger consumes us and leads to bitterness
- Anger, resentment, bitterness destroy FAITH in God's goodness and justice
- Anger prevents God from working in the situation
- We begin to act like the very ones we are angry with

4. Instead of fretting, how are we to respond when evil people prosper and are successful because of their wicked schemes?

37:3 – Trust in the Lord – Do Good

37:4 – Take Delight in the Lord

37:5 – Commit My Way (Everything) to God

37:7 – Be Still & Rest in the Presence of God – Wait Patiently

37:8 – Stop Your Anger- Turn From Rage

5. Read Psalm 55:22, Proverbs 16:3 and 1 Peter 5:7. Explain in your own words what it means to commit your way to the Lord.

Trusting is believing God's promises regardless of your feelings or circumstances. Trusting is relying on God and not on my own thoughts and perceptions and solutions. I bring God into everything in my life.

6. Why can we wait on God when the ungodly succeed in their wicked schemes instead of taking things into our own hands? See Psalm 37:2, 9, 10.

God promises that in the end all will be exposed and the ungodly will not get away with what they have done.

7. What people or circumstances in your life do you need to stop trying to change or fix and instead trust, delight, commit, rest and wait? How will you start the process?

Most of us have things we have been trying to do ourselves instead of letting God. Let this be a time to encourage each other to trust, delight, commit, rest and wait. Take time to pray for one another in this area.

Pray