



## SECRETS OF THE HEART "The Longing Heart" Psalm 37

No. 2395

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Deep in the human heart lie longings and aspirations. Some of them are fulfilled; others never come to fruition. The circumstances of life for some are so full of problems and disappointments that the heart may become discouraged and sometimes embittered. This Psalm speaks to the issues of the longing heart.

### I. The Longing Heart and Life's Frustrations.

- A. The frustration of unfulfilled desires.
- B. The frustration of life's injustices.
  - 1. The ungodly seem to have it so good.
    - a. They do enviable things. v. 1
    - b. They enjoy remarkable success. v. 7
    - c. They get away with murder. vv. 12-13
    - d. They corner the power and the money. vv. 16-17
    - e. They make dishonesty pay. v. 21
    - f. They get all the breaks. v. 35
  - 2. The godly find life so difficult.
    - They are required to:
      - a. Trust God when they don't understand. v. 3
      - b. Do good when others don't. v. 3
      - c. Be still while others pass them. v. 7
      - d. Keep their cool when they don't have much. vv. 16, 21
      - e. Be meek when others rip them off. v. 11
      - f. Be generous even when they don't have much. vv. 16, 21
- C. The frustration of life's battles.
  - 1. Battling against blatant evil. vv. 12-13
  - 2. Struggling against life's stumbling blocks. vv. 23-24
  - 3. Grappling with slippery slopes and hidden pitfalls. vv. 31-32

### II. The Longing Heart and Life's Lessons

- A. Good will eventually prevail. vv. 9-15
- B. God will eternally triumph. vv. 18-20
- C. Grace will continually flow. vv. 23-25
- D. Godliness will ultimately satisfy. vv. 37-40

### III. The Longing Heart and Life's Disciplines.

- A. Trust in the Lord and do good. v. 3
- B. Delight yourself in the Lord and He will give you the desires... v. 4
- C. Commit your way to the Lord...and He will do it. v. 5

**Points to Ponder:** What is my frustration level? How much committing and delighting am I doing? Do I honestly believe God fulfills appropriate desires?