

The Bulwark

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TROUBLESOME TIMES

“Troublesome times are here, filling men’s hearts with fear...” How true, how true, but then again at any point in the annals of time that could be said. Unfortunately the history of mankind is rife with man’s inhumanity to man. How many tears have been shed in mourning the senseless shedding of innocent blood? The callousness of a charlatan making merchandise of others and the overall morass to which society has been denigrated. Indeed times of trouble and concern are here.

“Do not fret because of evildoers, be not envious toward wrong doers. For they will wither quickly like the grass, and fade like the green herb.” (Psalms 37:1-2) King David, as he opens the 37th psalms lays out a pattern how to take a different perspective as relates to adverse news and events of the day. To in essence, approach life echoing that of the fictional character Alfred E. Newman, seen above, “What, me worry?”

Solomon in the book of Ecclesiastes sets forth the inescapable fact that there are many things in life over which we have no control. Unsettling, to be sure. However, Solomon’s father, David had the answer to worrying about things, *“Trust in the Lord, and do good; dwell in the land and cultivate faithfulness.”* (Psalms 37:3) Place

your full faith and trust in God. He is the constant amidst the cacophony that is life.

Throughout the 37th psalm, David is appealing to all to *“Delight yourself in the Lord”*(v4) Pay attention to verses five through seven. *“Commit your way to the Lord, trust also in Him, and He will do it. And He will bring forth your righteousness as the light, and your judgment as the noonday. Rest in the Lord and wait patiently for Him; do not fret because of him who prospers in his way, because of the man who carries out wicked schemes.”* What is being outlined is a pattern in how to break free from worry.

The word “fret” figures prominently in the first few verses of Psalms 37. Fret carries a few uses, one being to “gnaw into” while another is to “become worried or vexed”. What good does it do to let something over which we have no control, eat its way into our life? Do we really need something to fret over?

“Come to Me , all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls. For My yoke is easy, and My load is

light.” (Matthew 11:28-30)

While it may be true that whatever may be vexing us, doesn’t disappear, but by aligning with God there can be found peace wherewith to cope. As the author is closing his thoughts, notice what is found in verse six of chapter thirteen, “so that we confidently say, ‘The Lord is my helper. I will not be afraid, what shall man do to me?’”

While “troublesome times are here...” there is no reason why the child of God cannot enjoy peace. *“Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand.”* (Isaiah 41:10) (wbe)

What, Me Worry?



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