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“Confessions of a Covid Survivor:  
Reflections on Psalm 37”   
Psalm 37:1-7   
WBC Sermon Notes 04/07/2021   
Rev. Paul Witter  
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**Introduction**The third wave of Covid 19 has been far more devastating than anything that has come before. Today I would like to reflect on my journey with Covid 19.

**Michelangelo’s statue of David**

* The real measure of David’s greatness was his …………………………….. with God.

*“One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD.”  
 --* Psalm 27:4

We need to be focused!!

**Reading: Psalm 37:1-7** (A wisdom poem)

**Five resolutions during times of crisis and grief**

**1. RESIST the temptation to ..…………………………………………… (v1,2)**David addresses our emotions.  
  
“*Do not fret*” means ……………………………………………………………………………………….  
  
  
  
*“And do not be envious …”*  
  
Queen Elizabeth  
  
The Old Testament has various names of God that describe his character.  
Jehovah + description

* Jehovah Jireh – the Lord will ……………………..  
    
  Genesis 22:14 (NLT)

**2. RESOLVE to put ……………..………………………………………… (v3)**

The infamous DAY 8  
  
David calls us in our darkness to put our confidence in God.  
  
“Trust” & “Do” always go together.  
  
*“May the God of hope fill you with all joy and peace as you trust in him,   
so that you may overflow with hope by the power of the Holy Spirit.”*  
 -- Romans 15:13

* Jehovah Tsidkenu - *the Lord our righteousness who leads us along   
   paths of righteousness.*Jeremiah 33:16

**3. RETURN to ………………………………………………………………… (v4)**

David’s point: delight in the ……………….., not the ……………..!  
  
“*The chief end of man is to glorify God BY enjoying Him forever”* -- John Piper:

* Jehovah Rophe - *“the one who ……………..”*Exodus 15:26

**4. RELEASE your ………………………………………………………… (v5,6)**

“Roll off” your burdens.

*“Casting your cares on Him, for he cares for you.”* – 1 Peter 5:7  
  
  
**RESOLVED:**  *“To hand over my sickness, my future to God. No matter whether   
 I recover or not, Lord, my future is in your hands.”*

* Jehovah Shammah – “the Lord who is ………………..”  
    
  Ezekiel 48:35   
    
  God is here … He is with you!

**5. REST …………………………………………………………….. (v7)**

**“Be still before the Lord and wait patiently for him…” – v7**

David’s call: to be silent, to be still … a calm surrender to the Lord.

*“Rest in God alone, O my soul, for my hope comes from Him.*

*He alone is my rock and my salvation; He is my fortress;  
 I will not be shaken.*

*My salvation and my honour rest on God, my strong rock;   
 my refuge is in God.*

*Trust in Him at all times, O people; pour out your hearts before Him.*

*God is our refuge.”*  --Psalm 62:5-8

*“I sought the LORD, and He answered me;   
 He delivered me from all my fears.*

*Those who look to Him are radiant with joy;   
 their faces shall never be ashamed.*

*This poor man called out, and the LORD heard him;   
He saved him from all his troubles.*

*The angel of the LORD encamps around those who fear Him,*

*and he delivers them.*

*Taste and see that the LORD is good;   
blessed is the man who takes refuge in Him!* -- Psalm 34:4-8

* Jehovah Shalom – “the Lord who is our ……………………..”  
    
  Judges 6:24 (NLT)

**Michael Angelo’s statue**

That is the grace that you and I need – on a day like this, and every other day!