

## The Alternative Solution

### Description

Psalm 37:1-7

Take a deep breath. Go for a walk. Let it go.

These are common teachings for how to handle the stresses of daily life. Temporary ways of dealing with tensions have their place, but they can become destructive in the long-term. The Psalmist shares God's invitation to an alternative solution. It is the call to delight in a relationship with God rather than fretting and being filled with envy. The relationship with God is to be enjoyed to the degree that the stresses of life lose their attraction. It is in placing an unwavering trust in God and believing His promises that anxiety loses its power over God's people. All wrongs will be vindicated by God.

Do not fret or be envious. Trust. Do good. Enjoy safety. Delight. Commit. Be still. Wait patiently. This is the pathway to the life God offers His people, a life of discipline and joy.

Commit to following these teachings, and the blessings of God will surround you, fill you, and change you.

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