



Series: Seasons in the Psalms, Reflections on God and the Significance of the Soul

Passage: Psalm 37:1-5

Title: The Two Paths in Life

Speaker: Pastor David Menard 2/1/2026

Discussion Starter – How can it be said that there are only two paths in life? There are countless religions, philosophies, and world views that seek to explain the meaning of our existence. How do the first 5 verses of this psalm describe the path to a successful life that God has revealed in His word?

Read Psalm 37:1-2

1. What exactly does it mean to fret or envy evildoers?
2. What does a preoccupation with other's accomplishments reveal about our own values and priorities?
 - a. Are you overly impressed or influenced by the short-term accomplishments of non-believers? Why?
3. How does this psalm characterize these individuals? (Notice their works are not even acknowledged)

Read Psalm 37:3-5

4. Following the negative command, "do not fret" in verse 1, what are the six distinct and positive actions that are given to build a successful life?
5. How is trust in God different than belief in God? What is required to trust a person?
6. How are works directly linked to faith? What do your daily actions say about who you are and who you trust?
7. Are you settled, firm, and consistent in your relationships and walk with Jesus?
 - a. Does contentment and patience characterize your relationship with Jesus? Why or why not?
8. Does fellowship with God inspire a desire to seek Him more passionately? (Read John 4:34)
9. What is delightful and amazing about Jesus to you? (Psalm 84:10-11)
10. What does it mean to commit your way to the Lord? How is this similar or different than the advice to "trust the process"?
11. What promises are given in connection with these first 5 verses of the psalm?