

Put Off / Put ON

- A common motif in Scripture is that of “**put off / put on**”
- Paul refers to this in **Eph 4.22-24** and **Col 3.8-10** ~ It’s here in **Ps 37** too
- What is common in all of these put off / put on instances? OFF then ON

OFF precedes ON

- That OFF precedes ON is common sense ~ but too easily overlooked
- The word “put” does not occur here ~ but DO NOT and DO are similar
- **Psalm 37** contains 40 verses ~ yet these OFF / ON concepts occur early
- I.E., These actions are basics of the faith – they should be understood early

For example “Do not fret”

- Occurs 3 times in **vss 1, 7** and **8**
- Anxiousness / worry undermines the good you would otherwise DO
- Jesus warns in **Luke 22** to not worry . . . “But seek the kingdom of God”
- We’re told here what comes of worry – **v8d** – “it only causes harm”
- Too often we stop at the DO NOT . . . We don’t continue . . .
 - Jesus alludes to this in **Mt 12.43-45a** c/an unclean spirit
 - More must be done . . . Yes – OFF is first, but ON must follow

Verses 1 through 8 are OFF – ON – OFF

- We covered 5 ONs last week from **vss 3** and **4**
 - 1) trust in the Lord, 2) do good, 3) dwelling in the land, 4) feed on His faithfulness, 5) delight in the Lord
- And 4 more ONs are added to them this week in **vss 5** and **7**
 - 1) commit your way to the Lord, 2) trust in Him
 - 3) rest in the Lord, 4) wait patiently for Him
- The first two are active faith (commit and trust)
- The next two are passive faith (rest and wait)

Trusting in Jesus (active faith) leads to a strong passive faith (resting / waiting)
All 3 are required, PUT OFF, PUT ON and REST – WAIT . . .