



# SWELLS

TRUTH FOR LIFE'S UPS AND DOWNS

*from the Psalms*

# WORDS OF JUSTICE

PSALM 37

# PRESENT FOR THE RIGHTEOUS

"Fret not yourself because of evildoers; be not envious of wrongdoers! For they will soon fade like the grass and wither like the green herb."

PSALM 37:1-2

# PRESENT FOR THE RIGHTEOUS

"Trust in the LORD, and do good; dwell in the land and befriend faithfulness. Delight yourself in the LORD, and he will give you the desires of your heart."

PSALM 37:3-4

## PRESENT FOR THE WICKED

"The wicked plots against the righteous and gnashes his teeth at him, but the Lord laughs at the wicked, for he sees that his day is coming. The wicked draw the sword and bend their bows to bring down the poor and needy, to slay those whose way is upright; their sword shall enter their own heart, and their bows shall be broken."

PSALM 37:12-15

# PRESENT FOR THE WICKED

"Better is the little that the righteous has than  
the abundance of many wicked."

PSALM 37:16

"But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us.

We are afflicted in every way, but not crushed; perplexed, but not driven to despair, persecuted, but not forsaken; struck down but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies."

2 CORINTHIANS 4:7-10

"...as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, yet possessing everything."

2 CORINTHIANS 6:10



# FUTURE FOR THE RIGHTEOUS

"The wicked borrows but does not pay back,  
but the righteous is generous and gives..."

PSALM 37:21

# FUTURE FOR THE RIGHTEOUS

"Turn away from evil and do good; so shall you dwell forever. For the LORD loves justice; he will not forsake his saints. They are preserved forever, but the children of the wicked shall be cut off."

PSALM 37:27-28

# FUTURE FOR THE RIGHTEOUS

"The mouth of the righteous utters wisdom, and his tongue speaks justice. The law of his God is in his heart; his steps do not slip."

PSALM 37:30-31

Empathy only happens when you press pause on your own preferences and opinions long enough to listen to someone else.