

Why GO? If nothing else, we were commanded to do so in Matthew 28:19-20 and Acts 1:7-8. But telling others about the greatest gift ever given should be our heartbeat! My favorite verses are Revelation 7:9-10, “A great multitude that NO ONE could number, from EVERY tribe, EVERY nation, and peoples, and languages, standing before the throne and before the Lamb clothes in white robes, with palm branches in their hands, and crying out with a loud voice, “Salvation belongs to our God who sits on the throne, and to the Lamb!” (Emphasis mine.) Can you imagine how glorious that will be? We get to be part of making heaven bigger! What a privilege!

Whether you GO near or far, always put on the full armor of God, as our battle is not against flesh and blood but it’s a spiritual one (Ephesians 6:10-18); pray for a bridge to the Gospel, then speak truth with grace and love. Truth without grace is cruel, and grace without truth is meaningless. None of us have yet arrived, but each new day is a new opportunity to live a life that radiates Jesus in spirit, word, and deed wherever He has led us. So, wherever you are – or wherever you find yourself at any given moment – GO, and be a disciple that makes disciples.



Dr. Deidra Simpson is an Associate Professor of Pharmacology to BSN, MSN, and DNP students at Liberty University School of Nursing. She also serves as the International Student Support Faculty for the School of Nursing, providing mentorship and support for the International Students and Third Culture Kids within the program. She and her family were previously missionaries in East Asia until a security breach prevented their return. Dr. Simpson considers it a privilege to teach, providing daily opportunities to speak truth and life into students’ lives. She is certified in applied pharmacogenomics and being a functional medicine provider enjoys taking a personalized, holistic approach with patients, peers and students.

Psalm 37 “Do Not Fret” By Jeffrey Bates

Life sometimes seems to devour us. There is no good explanation for why those making horrible, self-centered, sinful choices are so successful. Everything they touch seems to turn to gold. We do our best to remain unstained by their sin and to keep our eyes on our loving Savior, but we feel consumed by the constant barrage of their unbridled, boisterous attitudes. In fact, many times, we act as though excessive focus and discussion on their evil somehow makes us more spiritual than we really are. God’s word gives us some exceptional guidance.

“Do not fret” is mentioned by King David three times in the 37th Psalm in the NIV translation. In this context, David seems to be reminding himself and his readers that fretting doesn’t accomplish much. Fretting, in fact, seems to distract in many ways -- and if unchecked, can even lead to the fretter’s own sin.

In verse 1, the Psalm opens with this phrase “do not fret...” and appears to highlight quite simply that fretting is a waste of time and energy. David notes in verses 1 and 2 that evil men wither and die naturally. Fretting about these evil men accomplishes nothing of value.

“Do not fret because of evil men or be envious of those who do wrong; for like the grass they will soon wither, like green plants they will soon die away.”
(Ps 37:1-2 NIV)

The second use of this phrase is in verse 7, in which David seems to indicate that fretting is a distraction from focusing on God. Here he commands us to “be still” and to “wait patiently.”

“Be still before the Lord and wait patiently for Him; do not fret when men succeed in their ways, when they carry out their wicked schemes.” (Ps 37:7 NIV)

It is difficult not to turn three pages to the right and see this “be still” phrasing used again in Psalm 46:10 where the Sons of Korah state “Be still, and know that I am God.” Being still allows us to quiet our minds and our busy lives in an effort to remember that God is indeed in control and that He is fully aware of our circumstances. David’s reminder to “wait patiently” pushes me to James 1:3-4 where Jesus’ brother notes that perseverance, resulting from trials of many kinds, “finishes its work so that (we)

may be mature and complete.” Could it be that in today’s struggles, God is allowing men to make evil choices simply so that I will intentionally pause, lean on Him, and become more mature, conformed into His image (Rom 8:29)?

The last use of “do not fret” in Psalm 37 occurs just one verse later, in verse 8 in which David sounds a loud warning, commanding us to:

*“Refrain from anger and turn from wrath; do not fret
– it leads only to evil.” (Ps 37:8 NIV)*

It is obvious that David’s concern here is that fretting will not just be a waste of time or that it might distract us from more important things. Rather, he has ramped up his concern that fretting over other people’s sin can ultimately lead us to *our own* sinful choices. When our abhorrence of sin (Rom 12: 9, Prov 8:13) crosses a line into anger and wrath, we are no longer allowing God to be the judge of men’s hearts (Rom 12:19).

Conversely, Romans 12 concludes with verse 21 which states very succinctly where our hearts need to be regarding evil: *“Do not be overcome by evil, but overcome evil with good.”* (Rom 12:21 NIV). This idea of replacing fretting with “doing good” is something David embraces explicitly v2, v27 and implicitly throughout Psalm 37 in many other places.

In conclusion, though the Christ-follower is called to hate evil and keep oneself pure, it is important to remember

that fretting over other’s poor choices can lead us inadvertently to our own struggles. Instead, this Psalm seems to push me to put my fretful energy into trusting and delighting in our great Lord, remembering that He is in control.

Here is an excerpt from a song that was penned during a difficult time a number of years back where my heart’s cry was for God to intervene in a powerfully difficult circumstance.

*When the world is closin’ in
Overwhelmed by the effects of sin
When I can’t escape the pain
Can no longer hide the shame*

*When life doesn’t make any sense
I feel encircled by a high fence
When there’s nothing more to gain
Simply no good way to explain*

*Most days seem filled with strife
Relationships often hurt like a knife
Life’s losses are a great big pile
Emotions seem oh so riled
But keep me lookin’ toward heaven’s heights*

*Remind me Lord, My identity is Christ
The way I feel right now is not eternally important,
Today’s grief is only but a moment
So, keep me lookin’ toward heaven’s heights
Remind me Lord, My identity is Christ*



In April 2021, Dr. Jeffrey Bates was appointed Dean of Cedarville University’s School of Pharmacy after serving as Associate Dean for five years. Concurrently, he serves as President of the Cedar Care Village Pharmacy board of directors. Dr. Bates’ career of 30+ years has allowed him the opportunity to recruit, inspire, and equip more than 2,300 pharmacists. He works tirelessly to ensure students’ God-given passions and abilities align well, preparing them for a lifetime of patient care. Throughout his career, Dr. Bates has strived to exceed expectations, modeling excellent care and strong servant-leadership. In the years prior to joining Cedarville, Dr. Bates served at Ferris State University’s College of Pharmacy as Assistant Dean and Director of Student Success. While at Ferris, he founded the Ferris Pharmacy Care Clinic in 2013. Located inside Ferris’ College of Pharmacy, students regularly hone their clinical skills, assuring comprehensive care to underserved patients in and around Mecosta County. Further, he shared clinical responsibilities in an Interdisciplinary Diabetes Clinic, facilitating experiential and inter-professional learning for pharmacy, optometry, and nursing students. Dr. Bates is privileged to have been an invited lecturer many times on both state and national platforms. Dr. Bates has helped lead several non-profit organizations, serving on the Board of Directors for the Michigan Pharmacists Association, Hope House Free Medical Clinic, Cran Hill Ministries, and Christian Pharmacists Fellowship International. He has served as a deacon at Grace Baptist Church in Cedarville as well as led committees in the American Association of Colleges of Pharmacy and at the Michigan Pharmacist’s Association. Currently, he serves on the Christian Pharmacists Fellowship International Board of Directors and chairs its Educational Affairs Committee.

He and his wife Sheryl are originally from the west-central Michigan area, but are now privileged to call Cedarville, Ohio home. They have three children and one grandchild. Dr. and Mrs. Bates are strong advocates for, and supporters of, foster care and adoption.