

PSALM 77:1-20

There will be times as a believer when we will feel alone and afraid. There will be times as a believer when we will be tired and troubled. There will be times when we will be wondering and weary. The reason why there will be times like this is because there will be times when we will seem to stop hearing from God.

I am totally and completely convinced that God, in His sovereignty, stops allowing us to sense His nearness, so we will draw near to Him. There are times when we will need His help to make it through the night. When those moments hit that is exactly where God wants us to be. If you have ever stayed awake at night worrying or wondering you can certainly relate to this Psalm.

Psalm 77 is a Psalm written by Asaph, “**according to Jeduthun.**” More than likely Jeduthun would be the musician who either sang this or saw that it was sung in worship. There is a very important lesson to be gleaned from this Psalm:

WHEN WE ARE GROWING FAINT IN OUR FAITH BECAUSE IT HAS BEEN SUCH A LONG TIME SINCE WE HAVE HEARD FROM GOD, WE NEED TO STRENGTHEN OUR FAITH BY PRAYER AND BY REMEMBERING THE SOVEREIGN WORK THAT GOD DOES FOR HIS PEOPLE.

The thing that is so refreshing about this Psalm is that as great a leader as Asaph was, he still had his own private low moments in his own spiritual life. Every day was not a day when he heard exciting things from God. There were times in his ministry when he felt all alone. There were times he wondered if he would ever see God’s blessings. It was in those very times when he wrote this Psalm and we may thank God that he did.

Now there are five main parts to this Psalm:

PART #1- Asaph cries to God for help. **77:1-2**

The description in these two verses is of a man who is emotionally desperate. Asaph stresses that he was crying to God with his voice. He was in trouble and he was crying out to God for help. He could not sleep at night and was so troubled, he didn’t even get tired. There was no comfort that he could find in his own soul. There was only one person who could give him the comfort he longed for and that was God.

We read in **verse 2** that “in the day of my trouble I sought the Lord.” When we have troublesome days and we need to seek the Lord. **The ultimate day of trouble for Israel will be the time of Jacob’s trouble- which will be the Tribulation.** In that time period her whole survival will be contingent upon seeking the Lord.

Ladies and Gentlemen, there will be times when the sole comforter we will have will be God. There will be times when God will be the only One who can comfort your soul. Cry out to Him. Ask Him for help. People in trouble often turn to the wrong things. Turn to God. When babies cry out to mothers, they rush to their child, so does God.

PART #2- Asaph remembers God and cannot find comfort or sleep. **77:3-6**

There are times when what is happening to us will make absolutely no sense. We may become overwhelmed with the pressure.

Asaph knew God was sovereign. Asaph knew God was watching. Asaph knew of the power of God and he knew God could deliver him. But God was not moving. He seemed to be so silent. There did not seem to be any movement or involvement in the life of Asaph. As a result, he was disturbed and was growing weak in his spiritual life (**77:3**).

In fact, he interjects the word “selah”, which means he wants us to stop and think about the fact that he was very disturbed and very low because he had not heard from God.

According to **verse 4**, he could not sleep at night and there were times he could not even speak. Ever been there? You are faithful and nothing seems to be happening? You are growing weary and God doesn't appear to be any where near?

While Asaph was in this condition, there were three mental actions he took:

Mental Action #1- He thought about the blessings he had seen in years gone by. **77:5**

Mental Action #2- He remembered the times when he could sing at night. **77:6a**

Mental Action #3- He meditated on the things of God with his heart. **77:6b**

What is very critical to observe about this is that when you find yourself in a low moment a critical key is what you are thinking about with your mind.

When fall into some rut; we need to follow the same formula as Asaph. We need to remember times when we have seen God bless us. We need to remember times when we were happy and singing and we need to meditate on the word of God.

PART #3- Asaph asks questions of God. **77:7-9**

Asaph had an honest relationship with God and he was not afraid to ask questions of God. One commentator observed that some of the questions Asaph asks shows he had absurd thinking. There are six questions he asks God:

Question #1- Will God reject Asaph forever? **77:7a**

Question #2- Will God ever favor Asaph again? **77:7b**

Question #3- Has God's lovingkindness been removed from Asaph forever? **77:8a**

Question #4- Has God's promises come to an end for Asaph? **77:8b**

Question #5- Has God forgotten to be gracious to Asaph? **77:9a**

Question #6- Has God withdrawn compassion from Asaph and replaced it with anger? **77:9b**

When you are in trouble and not hearing from God, you can begin to think like this. As Spurgeon said you can think and act in ridiculous ways.

In fact, according to **verse 10**, you can begin to think you are the problem and you have done something to change the right hand of God's blessings into His cursings. "Selah" stop and think about it.

PART #4- Asaph remembers the mighty works of God. **77:11-12**

These verses give tremendous insight into getting out of a spiritual rut. Give careful thought and meditation on the wondrous works of God that are described in His word.

It is by thinking about the greatness of the sovereign and powerful God that one begins to be helped in difficult times. As we read the word and meditate on the things of God; our faith will be strengthened.

Now the Hebrew words in **verse 12** "meditate" and "muse" is a word that presents the idea of thinking about Divine things and talking to yourself about Divine things (William Gesenius, *Hebrew Lexicon*, p.789)

So a critical key to getting out of a spiritual rut is to ponder on the mighty works of God with your mind and talk to yourself about them with your mouth.

PART #5- Asaph expresses a confidence in God. **77:13-20**

Here is a key part of the Psalm- Asaph has gone from doubting to trusting and it has happened because he let his mind reflect on the greatness and majesty of God.

Asaph came to four conclusions:

Conclusion #1- God's way is holy and God is great. **77:13**

We need to realize that God is a great and holy God no matter what He permits to happen in our lives.

Conclusion #2- God's work is a wondrous work of redemption. **77:14-15**

God has made known His strength among His people. He redeemed Israel from Egypt by His power, after they had been slaves for over 400 years. Selah- Stop and think about this.

If God can redeem an entire nation and save them from their condition; He is certainly capable of saving us from our situations and troubles.

Conclusion #3- God's power is seen in and by creation. **77:16-19**

(Creative Display #1)- God's majestic power is seen in the deep water. **77:16**

(Creative Display #2)- God's majestic power is seen in the clouds that produce rain. **77:17a**

(Creative Display #3)- God's majestic power is seen in the lightning. **77:17b**

(Creative Display #4)- God's majestic power is seen in the roar of thunder. **77:18a**

(Creative Display #5)- God's majestic power is seen and felt in the earthquakes. **77:18b**

Conclusion #4- God's power is illustrated by Israel. **77:20**

God has led Israel every step of the way of her existence. He sent Moses and Aaron to go get Israel and bring her out of Egypt and He displayed His awesome power in the process.

If God is able to do that for a nation; He is certainly able to Help His people as individuals.

PARTING THOUGHTS:

- 1. No matter how spiritual we think we are, we will have low moments in our spiritual lives.**
- 2. A critical key to getting out of spiritual depression is to talk with God.**
- 3. A critical key to getting out of spiritual depression is to meditate and reflect on the Greatness and power of God.**