

Lament...to Ascent – Psalms

Psalms 77

"God our Deliverer" – May 24th, 2020



Introduction

What do we do in the dark night of soul...when the darkness does not lift? What do we do when our days feel like death? Though we don't want such days, God's word offers us direction and help with Psalms of lament. A lament is a tool God gives us to work our way *through* pain and sorrow with hope and trust in God. Today, we turn our attention to the lament in Psalm 77...

Pray

Before you begin, take some time to ask God to help you understand His word, to reveal what needs to change in you, and for the grace to follow Him in response. To help, use [Psalm 119:33-40](#) as a prayer for God to open His word up to you.

Sermon Outline

- I. Cry out to God (vv1-3)
- II. Pour out your complaint (vv4-9)
- III. Resolve to trust God as you wait (vv10-20)

Read & Discuss

1) Read [Psalm 77:1-3](#)

Though it may seem obvious that we should go to God in hard times, Asaph reminds us that suffering can make *going* to God difficult. The psalmist describes his soul as *refusing to be comforted* and the thought of God causing him to *moan*. Can you describe a time when you felt that way? Why is it important to keep going to God?

Take a moment to read [Luke 18:1-8](#). Jesus calls us to compare the reluctant judge with a God who is *better*. How does knowing God's heart toward us (even in confusing times) help us persevere in prayer?

Additional Reading: Psalm 42:5

2) Read [Psalm 77:4-9](#)

Charles Spurgeon rightly said of complaints: "We may not complain *of* Him, but we may complain *to* Him." Here, Asaph looks in his heart and finds perplexing questions to which he doesn't yet have answers. What is the difference between sinful complaint (Phil. 2:14) and godly complaint? How is complaint (as part of lament) helpful in moving us trust and hope in God? If those complaints & questions are in *your* heart today, take a moment to pour out your heart to God (Ps. 62:8) and then shed the light of Scripture on those questions.

Additional Reading: Psalm 43:3, Psalm 55:2

3) Read [Psalm 77:10-20](#)

One thing to notice is how the focus changes from *himself* (vv1-9) to God (vv10-20). This takes time – there's not timetable on suffering and grief. But as the fog of pain begins to lift, we see the truths about God that were always there...but were hard to see. Asaph rejoices in faith that God is his Redeemer. Grounded in the historical event of the parting of the Red Sea, God's redeeming acts display His goodness/holiness, might and care for His people. v19 is instructive: "Your way was through the sea, your path through the great waters; yet your footprints were unseen." God's way carve *through* what seemed impossible. His footprints may be *unseen* – we may not know what He's up to or understand His way – but He is at work and He is good. Can you *resolve* to trust God today? What is holding you back? Take a moment and bring those things to God – wrestle in prayer until you can say with Asaph, "Your way, O God, is holy. What god is great like our God?"

Additional Reading: Exodus 14

Prayer of Response*

For our prayer of response, take a look at the document we've included: "Praying a Lament [Psalm 77]".

If you missed the sermon on Sunday or would like to listen again, visit our website at <https://fbcum.org/sermons-new/>

*Next week's sermon text: we turn to Psalm 86 (Lament) "God our Forgiver"
