

## LESSONS FROM PSALMS SEVENTY-SEVEN

Scripture: Psalm 77:1-20

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### Introduction:

- A. The time of this Psalm is not known; but it evidently followed a severe setback for Israel.
  - B. Whatever the situation that gave rise to the writing of this Psalm, it reveals a basic problem with which all of God's people must deal all of their stay on this earth. THAT IS THE WARFARE BETWEEN THE SPIRIT MAN AND THE FLESH MAN.
- I. LEARN THAT THE TWO-FOLD NATURE OF GOD'S PEOPLE BRING TIMES OF STRESS AND ANXIETY.
- A. Troubles come and we call on the Lord...We know that He hears us, BUT He doesn't answer. Things continue the same...THAT ADDS TO OUR TROUBLED HEARTS. vs. 1,2
  - B. We remember God...we think on God and are more troubled because He still does not answer. v.3
  - C. We call to remembrance better days...our songs in the night...and YET we are troubled and anxious. vs. 5,6
  - D. We are caused to question God. vs. 7-9
    - 1. His immutable purpose v.7
    - 2. His infallible memory v.8
    - 3. His inexhaustible loving kindness...His grace...His mercy.
- II. LEARN THAT A RIGHT UNDERSTANDING OF OURSELVES IS THE KEY TO OVERCOMING STRESS AND ANXIETY. v.10
- A. God is not to be blamed for our troubles and sorrow, our stress and anxieties.
  - B. The Psalmist claimed the infirmity as his own—brought about by his own making.
    - 1. In the battle between the spirit and the flesh, he had let the flesh get the best.
    - 2. Paul spoke of this in Romans 7.
- III. LEARN THAT ACCEPTING THE RESPONSIBILITY FOR OUR FAULTS AND FAILURES WILL GIVE US A CHANGED ATTITUDE TOWARD OUR GOD. vs. 10-13
- A. We will remember the good times at the right hand of our God.
  - B. We will remember the works and wonders of our Lord.
  - C. We will meditate on God's works...find peace and comfort in letting our minds dwell on what God has done for us.
  - D. We will talk of God's doings...we will be witnesses of His saving grace.
  - E. We will see Him as the greatest—no God so great as ours.
- IV. LEARN THAT PAST BLESSINGS CAN GIVE US HOPE FOR THE FUTURE. vs. 14-20
- When we review the great works of our God in caring for His people in olden times, we are strengthened ...we are given hope in knowing God will never desert us even in times of troubles and sorrows. God did not cast them away, neither will He cast us off.