**My Soul Is Troubled Psalm 77**

**Introduction:**

All of God’s children go through times of suffering. They have mental and spiritual trials. Some of these may seem overwhelming. Our spirit is depressed and our soul is heavy. Life may get us down and we become discouraged.

This psalm teaches us that the good man is not exempt from life’s troubles but that the God of all grace provides a way to lead us out of our troubles.

**Body:**

1. **Cry Out to God** Psalm 77:1-3 “I cried out to God with my voice – To God with my voice; And He gave ear to me. In the day of my trouble I sought the Lord; My hand was stretched out in the night without ceasing; My soul refused to be comforted; I remembered God, and was troubled; I complained, and my spirit was overwhelmed. Selah” NKJV

* The psalmist vocalized his agony and unburdened his sorrow to God. (Psalm 3:4) “I cried to the Lord with my voice, And He heard me from His holy hill. Selah” NKJV When distressed, pray. Pray hard, pray in earnest, pray repeatedly. David in Psalm 3 and Psalm 86 kept asking because he needed an answer. (Psalm 86:1-7) “Bow down Your ear, O Lord, hear me; For I am poor and needy. Preserve my life, for I am holy; You are my God; Save Your servant who trusts in You! Be merciful to me, O Lord, For I cry to You all day long. Rejoice the soul of Your servant. For to You, O Lord, I lift up my soul. For You, Lord, are good, and ready to forgive, And abundant in mercy to all those who call upon You. Give ear, O Lord, to my prayer; And attend to the voice of my supplications. In the day of my trouble I will call upon You, For You will answer me.” NKJV
* David is brokenhearted; he feels crushed. His spirit is in anguish. (Psalm 20:1-3) “May the Lord answer you in the day of trouble; May the name of the God of Jacob defend you; May He send you help from the sanctuary, And strengthen you out of Zion; May He remember all your offerings, And accept your burnt sacrifice.” NKJV
* Job was so deep in despair and depression; he thought God had hidden His face from him. He did not feel God’s goodness like in times past. (Job 29:1-3) “Job further continued his discourse, and said: ‘Oh, that I were as in months past, As in the days when God watched over me; When His lamp shone upon my head, And when by His light I walked through darkness;’ ” NKJV His spirit was ready to faint under the pressure of his troubles.

1. **Remember Past Blessings** Psalm 77:4-6 “You hold my eyelids open; I am so troubled that I cannot speak. I have considered the days of old, The years of ancient times. I call to remembrance my song in the night; I meditate within my heart, And my spirit makes diligent search.” NKJV

* The psalmist tossed and turned all night. There was no relief from his worries.
* As looking through dark glasses, he saw only the bad. (Psalm 38:3-5) “There is no soundness in my flesh Because of Your anger, Nor any health in my bones Because of my sin, For my iniquities have gone over my head; Like a heavy burden they are too heavy for me, My wounds are foul and festering Because of my foolishness.” NKJV Maybe his troubles were due to past sin.
* He needed to remember the ‘song in the night.’ (Psalm 42:8) “The Lord will command His lovingkindness in the daytime, And in the night His song shall be with me – A prayer to the God of my life.” (Isaiah 30:29) “You shall have a song As in the night when a holy festival is kept, And gladness of heart as when one goes with a flute, To come into the mountain of the Lord, To the Mighty One of Israel.” NKJV

1. **Focus Your Thoughts**

* Psalm 77:7-9 “Will the Lord cast off forever? And will He be favorable no more? Has His mercy ceased forever? Has His promise failed forevermore? Has God forgotten to be gracious? Has He in anger shut up His tender mercies? Selah” NKJV

Allow yourself to ask difficult questions. Ask God to help you understand. In difficult times, this is normal. Don’t think you are the only one who has ever questioned God or had doubts about his faith. (Psalm 85:1-7) “Lord, You have been favorable to Your land; You have brought back the captivity of Jacob. You have forgiven the iniquity of Your people; You have covered all their sin. Selah You have taken away all Your wrath; You have turned from the fierceness of Your anger. Restore us, O God of our salvation, And cause Your anger toward us to cease. Will you be angry with us forever? Will You prolong Your anger to all generations? Will You not revive us again, That Your people may rejoice In You? Show us Your mercy, Lord, And grant us Your salvation.” NKJV

* Psalm 77:10-12 “And I said, ‘This is my anguish; But I will remember the years of the right hand of the Most High.’ I will remember the works of the Lord; Surely I will remember Your wonders of old. I will also meditate on all Your work, And talk of Your deeds.” NKJV

Commit to changing your thoughts. (Philippians 4:6-8) “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things.” NKJV Focus on God’s wonders and mighty deeds. (Psalm 105:5) “Remember His marvelous works which He has done, His wonders and the judgments of His mouth,” NKJV

1. **Trust in God** Psalm 77: 13-20 “Your way, O God, is in the sanctuary; Who is so great a God as our God? You are the God who does wonders; You have declared Your strength among the peoples. You have with Your arm redeemed Your people, The sons of Jacob and Joseph. Selah The waters saw You, O God; The waters saw You, they were afraid; The depths also trembled. The clouds poured out water; The skies sent out a sound; Your arrows also flashed about. The voice of Your thunder was in the whirlwind;

The lightnings lit up the world; The earth trembled and shook. Your way was in the sea, Your path in the great waters, And Your footsteps were not known. You led Your people like a flock By the hand of Moses and Aaron.” NKJV

* Jehovah is not one god among many, but The God – The one and only God – The Great I Am. He is God, the Most High – Creator and Sustainer of the Universe. Examples: Creation, the Flood, plagues in Egypt, manna in the wilderness Realizing this helps our depression!
* By His power he redeemed Israel. (Psalm 72:18-19) “Blessed be the Lord God, the God of Israel, Who only does wondrous things! And blessed be His glorious name forever! And let the whole earth be filled with His glory. Amen and Amen.” NKJV
* The psalmist refers to one of the most memorable acts of God on behalf of His people – the parting of the Red Sea. People were in dire straits but God led them out of slavery and delivered them through the waters.
* God cares for each of us individually as a shepherd cares for each of his sheep.
* God’s way is the best way. “His way is holy, so obey Him. His way is hidden, so trust Him.”

**Conclusion:**

* We can feel overwhelmed at times due to anguish and sorrow. We feel there is ‘no way out.’ We need to cry out to God, remember the good from our past, focus our thoughts on the power of God, and then trust in God and His promises.
* Lamentations 3:19-24 “Remember my affliction and roaming, The wormwood and the gall. My soul still remembers And sinks within me. This I recall to my mind, Therefore I have hope. Through the Lord’s mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness. ‘The Lord is my portion,’ says my soul, ‘Therefore I hope in Him!’ ” NKJV

Bobby Stafford November 8, 2015 [Evening]