

*Songs from a Broken Heart*  
**Do You Ever Feel Confused by God?**  
**Psalm 77**

*Grace Fellowship Church, Pastor Brad Bigney, Aug. 6, 2017*

The Psalms of lament don't just give us permission to be human and to admit our emotions, but they also show us what to do with these emotions, which is to pray them out loud in the presence of God.

**I. Look at the Confusion that Results from Drilling Down into the Depths of Your Own Sorrow**

**A. You'll Become Morbidly Introspective and Start Using All the Wrong Pronouns**

The first nine verses use personal pronouns 22 times!

**Psalm 77:3-4** "I remembered God and was troubled; I complained, and my spirit was overwhelmed. You hold my eyelids open; I am so troubled I cannot speak."

You can get stuck and make God just a footnote to your pain if you're so busy drilling down to the depths of your own sorrow.

**Psalm 77:6** "I call to remembrance my song in the night; I meditate within my heart, and my spirit makes diligent search."

What Asaph's doing doesn't seem to help. Meditation in and of itself is neutral. The deciding factor as to what kind of fruit it'll produce in your life is WHAT you're meditating ON.

**B. You'll Stop Listening for Any Answers Because You're So Busy Shouting Rhetorical Questions**

You can shriek and cry out to God. There's a place for it and He can take it, but at some point, your shrieking has to stop so that you can start listening or you'll never have peace.

Rest doesn't come from detailed explanations. Rest comes from a greater revelation of who God is in the midst of our pain and confusion.

It's a normal, first reaction to ask 'Why?' but it's a really bad question to get stuck on.

In **v.7-9**, Asaph makes accusations under the guise of asking questions! We do the same thing today by asking rhetorical questions that are loaded with sarcasm and anger, and by shaking our clenched fists in prayer instead of lifting our open hands!

The turning point in this chapter comes in **v.10**.

**Psalm 77:10** "And I said, 'This is my anguish; but I will remember the years of the right hand of the Most High.'"

He chooses to remember what he knows to be true about God and he pushes that right on top of all of his anguish and suffering!

## **II. Look at How He Chooses to Start Talking to Himself about the Faithfulness and Power of God Instead of Just Listening to Himself Being Driven by His Own Dark Feelings**

### **A. He Stops Listening to Himself and Starts Talking to Himself**

This is critical and it's something everyone has to choose to do. Only you can do what the Psalmist began to do in **v. 10-20**.

You can either listen to yourself and your feelings about your circumstances, or you can talk to yourself about the truth of who God is, what He's done for you, and what He's yet promised to do for you in the midst of those circumstances.

### **B. He Starts Praising God for All He's Done in the Past Instead of Accusing God for What He Doesn't Understand in the Present**

Notice the contrast in pronouns between **v. 1-9** and **v. 13-20**.

Asaph's done talking about himself! He decides it's time to talk about God and praise God out loud!

### **C. He Makes an Appeal to Irrefutable Evidence of God's Faithfulness and Love for Him**

In **v. 15** he's acting like a lawyer who realizes there's some overwhelming evidence that's been lying in a box that needs to be brought to light.

He's looking at the faithfulness and love of God in the past to overwhelm his fears in the present!

That's the same thing we have to do today! Look at the time when the only perfect man, Jesus, died a horrible death when all our sins and all of God's wrath were poured out on Him instead of us!

New Testament writers who wrote to suffering Christians always made their appeal to the past, because the cross was always their vantage point for encouraging those who were suffering. Look at **Romans 8:31-39**.