

# Abide in Me

**John 15:4**  
*Bible studies for disciples  
who make disciples*



Volume 7 - Number 25

The Week of May 22, 2022

*Life is Hard, God is Good*  
**When Suffering Seems Unfair**  
Psalm 77

As we continue our look into the Psalms of Asaph, we encounter a Psalm of both lament and remembrance. Asaph's tone in this Psalm begins with a very somber, if not depressed, look at his current situation and anguish. He then shifts his focus away from himself and onto God as the Psalm shifts from despair to remembrance of the great deeds of God to redeem all things. Read Psalm 77 and discover how it applies to each of us.

## READING PSALM 77

As you read it...

- Underline each time Asaph refers to himself in verses 1-6 ("I", "me", etc...).
- Underline each reference to God in verses 13-20.

<sup>1</sup> I cry aloud to God,  
aloud to God, and he will hear me.  
<sup>2</sup> In the day of my trouble I seek the Lord;  
in the night my hand is stretched out without wearying;  
my soul refuses to be comforted.  
<sup>3</sup> When I remember God, I moan;  
when I meditate, my spirit faints. *Selah*  
<sup>4</sup> You hold my eyelids open;  
I am so troubled that I cannot speak.  
<sup>5</sup> I consider the days of old,  
the years long ago.  
<sup>6</sup> I said, "Let me remember my song in the night;  
let me meditate in my heart."  
Then my spirit made a diligent search:  
<sup>7</sup> "Will the Lord spurn forever,  
and never again be favorable?  
<sup>8</sup> Has his steadfast love forever ceased?  
Are his promises at an end for all time?  
<sup>9</sup> Has God forgotten to be gracious?  
Has he in anger shut up his compassion?" *Selah*  
<sup>10</sup> Then I said, "I will appeal to this,  
to the years of the right hand of the Most High."  
<sup>11</sup> I will remember the deeds of the Lord;  
yes, I will remember your wonders of old.  
<sup>12</sup> I will ponder all your work,  
and meditate on your mighty deeds.

<sup>13</sup> Your way, O God, is holy.  
What god is great like our God?  
<sup>14</sup> You are the God who works wonders;  
you have made known your might among the peoples.  
<sup>15</sup> You with your arm redeemed your people,  
the children of Jacob and Joseph. *Selah*  
<sup>16</sup> When the waters saw you, O God,  
when the waters saw you, they were afraid;  
indeed, the deep trembled.  
<sup>17</sup> The clouds poured out water;  
the skies gave forth thunder;  
your arrows flashed on every side.  
<sup>18</sup> The crash of your thunder was in the whirlwind;  
your lightnings lighted up the world;  
the earth trembled and shook.  
<sup>19</sup> Your way was through the sea,  
your path through the great waters;  
yet your footprints were unseen.  
<sup>20</sup> You led your people like a flock  
by the hand of Moses and Aaron.

### DISCUSSING THE PASSAGE TOGETHER

1. Asaph begins this Psalm by crying out to God. He cries out aloud, knowing that God will hear him. What assurances do we have that God hears our prayers? Are there scriptures that you know that reference our assurance that God does in fact hear our prayers?

2. Verses 1-6 describe an anguish in Asaph's heart and soul that knows no rest. Many who read these verses safely assume that Asaph was experiencing a measure of depression in the emotion of these verses. Describe a situation that you have experienced when you have felt even a portion of the anguish that Asaph felt. How did you overcome these painful emotions?

3. Verse 6 references Asaph's "song in the night" that has provided comfort to him in times past but is not comforting him in this current moment as he is writing. Is there a song, hymn, poem, Bible verse, or other inspiration that you have used to guide you through difficult moments?

4. Verses 7-9 catalogue a series of seemingly rhetorical questions about God, but they are heartfelt ones given Asaph's anguish. Why does Asaph ask these questions and take the time to write them here? What value is there in writing out our questions and concerns of God?

5. There is a significant pivot in the Psalm in verses 10-12. This is where Asaph begins to take the focus off of himself and place it onto God. His thoughts move to the deeds of God from the past and begin to turn his despair into true hope. Write down some of the great deeds of God in YOUR life; catalogue what God has done in providing for you. Share with your group if possible.

6. Verses 13-20 are Asaph's recounting of what God has done in his life and in the life of the nation of Israel. He begins in verse 13 by calling out God's holiness. What does it mean to be holy?

7. Read Leviticus 19:2. God calls us to be holy as He is. How is this possible for us, and how is that lived out by flawed sinners, as each of us are?

8. Read through Moses' song in Exodus 15. What parallels do you see from Moses' capturing of the Exodus event through song and Asaph's poetic description here?

9. The Psalm ends with the image of God as shepherd, leading the Israelites like a flock during the wilderness wanderings. How can we relate God's guiding of that nation in that time to our nation in this time?

Pray: *"Lord, we cry out to you in the dark moments of our lives. Remind us of your deeds and who you are in our lives. Remind us Lord, when all we want to do is keep the focus on ourselves and our problems. May we turn our eyes back to you and find real comfort in your strength. Give us courage to stand firm in our faith as you shepherd us through our wanderings. Amen"*

