

# Day Sixteen

## Psalm 77

### Freedom From Discouragement



Some days discouragement can come as an overwhelming flood; it feels as though you will never overcome a crushing situation. What can you do?

Let's go to the Father in prayer:

Heavenly Father, I come to you this morning, because I need learn how to deal with discouragement. I know that you are faithful, but sometimes, I can't remember that in the heat of the moment. Please teach me walk in truth, not in feelings. I ask this in the name and authority of your son Jesus Christ, Amen.

Today as you are meditating on Psalm 77, consider the life of the author, Asaph. In this psalm, we see a formula for overcoming fear and discouragement. In the first three verses we see his first reaction to his distress. He cries out to God for help. In verses four through six, he challenges his feelings with facts; he re-evaluates his present based upon his past experiences with God. Then in verses, seven through nine he again cries unto God with fresh determination to once again see His faithfulness. Then again, in verses ten through twelve he chooses to direct his thought toward God's past provision rather than his present pain. Finally, in verses thirteen through 20 he begins to magnify his God to diminish his problems and fears. Think about it; how many times have you been in a difficult situation where you saw no way out? Yet, here you are today; having found a way. God will always make a way where this is no way. He's God. Our challenge? Do not allow the pain of your past, engage your emotions in the present, and rob you of your future.



[For your convenience, we have added a soundtrack to the background as you meditate on the word of God. You are welcome to keep this playing in the background that will end after 20 minutes followed by closing prayer.](#)

#### Psalm 77

For Jeduthun, the choir director: A psalm of Asaph.

1 I cry out to God; yes, I shout. Oh, that God would listen to me! 2 When I was in deep trouble, I searched for the Lord. All night long I prayed, with hands lifted toward heaven, but my soul was not comforted. 3 I think of God, and I moan, overwhelmed with longing for his help.

Interlude

4 You don't let me sleep. I am too distressed even to pray! 5 I think of the good old days, long since ended, 6 when my nights were filled with joyful songs. I search my soul and ponder the difference now. 7 Has the Lord rejected me forever? Will he never again be kind to me? 8 Is his unfailing love gone forever? Have his promises permanently failed? 9 Has God forgotten to be gracious? Has he slammed the door on his compassion?

Interlude

10 And I said, "This is my fate; the Most High has turned his hand against me." 11 But then I recall all you have done, O Lord; I remember your wonderful deeds of long ago. 12 They are constantly in my thoughts. I cannot stop thinking about your mighty works. 13 O God, your ways are holy. Is there any god as mighty as you? 14 You are the God of great wonders! You demonstrate your awesome power among the nations. 15 By your strong arm, you redeemed your people, the descendants of Jacob and Joseph.

Interlude

16 When the Red Sea saw you, O God, its waters looked and trembled! The sea quaked to its very depths. 17 The clouds poured down rain; the thunder rumbled in the sky. Your arrows of lightning flashed. 18 Your thunder roared from the whirlwind; the lightning lit up the world! The earth trembled and shook. 19 Your road led through the sea, your pathway through the mighty waters - a pathway no one knew was there! 20 You led your people along that road like a flock of sheep, with Moses and Aaron as their shepherds. 1

<sup>1</sup> Tyndale House Publishers. (2013). [Holy Bible: New Living Translation](#) (Ps 77). Carol Stream, IL: Tyndale House Publishers.