**Hope in Despair – Ps. 77:11 – 12**

*I shall remember the deeds of the Lord, surely I will remember Your wonders of old. I will meditate on all your work and muse on Your deeds*

Psalm 77 is a Psalm of remembrance of God’s goodness & salvation

Asaph writes this Psalm according to Jeduthun – one of David’s praise leaders for Israel

The three Selah’s give the outline for the Psalm of remembrance of God’s goodness & salvation

**Focal Truth: Remind yourself of God’s past work in your life**

**Observations**

1. **Seeking God in times of trouble reminds us of God’s past help 77:1 – 3**
2. By faith we must seek God in prayer in times of trouble 1 -2

*My voice rises to God, and I will cry aloud, my voice rises to God, and he will hear me*

1. Discouragement & despair always accompany seeking God in the day of trouble

*In the day of my trouble, I sought the Lord;*

* *in the night my hand was stretched out without weariness;*
* *my soul refused to be comforted*
* *When I remembered God, then I am disturbed*
* *When I sigh, then my spirit grows faint –* ***days of trouble brings faintness & despair***

1. **Questioning yourself about God’s past care reminds us of His past help 77:4 – 9**
2. In the day of your trouble **pause to consider your past & God’s care**

* *You held my eyelids open; I am so troubled that I cannot speak*
* *I have considered the days of old, the years of long ago – considered = think about*
* *I will remember my song in the night, - remember = bring to mind*
* *I will meditate with my heart, and my spirit ponders – meditate = put forth, muse & ponder – searches out – seeks understanding, seeks meaning – purpose*

1. In the day of your trouble **ask yourself for an answer** to God’s past care in your life

**6 Questions for yourself about God’s past care for you**

1. Has God ever rejected me? Will He ever reject me? 77:7 – **His presence**
2. Hasn’t God always been gracious to me? Won’t He continue to be gracious? 77:7

**His grace**

1. Has God’s love ended for me? Will His love ever end for me? 77:8 – **His love** **for me**
2. Have God’s promises ended? Will His promises ever end? 77:8 – **His promises** **to me**
3. Has God ever forgotten me? Will He ever forget me? 77:9 – **His knowledge of me**
4. Has God’s anger canceled His mercy to me? Will His anger ever cancel His mercy to me? 77:9 – **His mercy** **to me**

**Today let’s pause and ask ourselves these questions in our troubles**

1. In the day of your trouble asking yourself questions is the way of meditating on His ways in your life

**Consider – the habit of meditation on the ways of God**

* Substitute worry for meditation of God’s past blessings
* Substitute fear for meditation on God’s promises in Jesus Christ
* Substitute despair for meditation on Jesus Christ the hope of our salvation

1. **Think deeply about God’s past salvation produces joyful thankfulness to God in despair 77:10 – 20**
2. Doubts about God’s care still linger in times of meditating on His care for us

*Then, I said, it is my grief, that the right hand of the Most High has changed 77:10*

1. Continued meditation on God’s past care will cause joyfulness in the Lord 77:11 - 12

*I shall remember the deeds of the Lord; surely I will remember Your wonders of old. I will meditate on all your work and muse on Your deeds*

**Consider – Hope in despair**

* I will remember the deeds of the Lord – the Gospel
* I will remember God’s past wonders – Jesus Christ the Son of God
* I will meditate on all your work – Fix your eyes – mind on Jesus, author and finisher of our faith
* I will muse on your deeds – Set your mind on things above where Christ is seated at the right hand of the Father

1. Worship and praise come from meditating on the God’s salvation for us 77:13 - 15

* *Your way O God is holy; what god is great like our God?*
* *You are the God who works wonders; You have made known Your strength among the peoples*
* *You have by Your power redeemed Your people, the sons of Jacob and Joseph*

*Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable, and undefiled and will not fade away, reserved in heaven for you 1 Pet. 1:3 -4*

1. Worship and praise tell the story of God’s great salvation for us 77:16 -20

* *the waters saw You, O God; the waters saw You they were in anguish, the deeps trembled*
* *the clouds poured out water; the skies gave forth a sound, Your arrows flashed here and there*
* *the sound of Your thunder was in the whirlwind; the lightnings lit up the world; the earth trembled and shook*
* *Your way was in the sea and Your paths in the mighty waters; and Your footprints may not be known*
* *You led Your people like a flock by the hand of Moses and Aaron*

**Things to Remember & Do**

1. Draw near to God in your day of trouble – Seek Him in prayer – He is your Refuge
2. Question yourself about God’s past blessings – count your many blessings!
3. Draw near to God thinking deeply about His salvation in Jesus Christ for you!

*I shall remember the deeds of the Lord, surely I will remember Your wonders of old. I will meditate on all your work and muse on Your deeds*

**To the praise of the glory of His grace! The Lord is near to the door! Come Lord Jesus!**