

Finding Yourself in the Psalms
PSALM 77
The Path of the Troubled Heart

“Why do I feel discouraged. . .” (Song “He Touched me)

ASAPH gives us some very PERSONAL Psalms.

Does not hide his feelings

Psalms 77 written after a time of national defeat or discouragement

Progressive Outline. 3 verses each stanza.

- I. The Saints DESCRIBE Their Trouble. 1-9
 - A. The Cry of a Troubled Heart. 1-3
 - B. The Thoughts of a Troubled heart. 4-6
 - C. The Question of a Troubled Heart. 7-10.
 - D. Can a Christian question God?
- II. The Saints are DELIVERED from their trouble. 77:10-20
 - A. When I am troubled, I REMEMBER God’s WORKS. 10-12
 - B. When I am troubled, I Remember God’s WAYS. 13-15
 - C. When I am troubled, I Remember God’s WONDERS. 16-19
- III. The Comfort of a troubled heart - God is our Great Shepherd. v. 20
- IV. What do I do when I have a troubled heart?
 - A. 1 Peter 5:7 “Cast all your anxiety on him, because he cares for you.”
 - B. Remember what God has done in the past.
 - C. Heb 13:8 “same yesterday. . .”