



TAKE A DEEP BREATH

READ PSALM 77

Psalm 77 is a beautiful example of how we are to express our emotions honestly before the Lord. The psalmist expressed his deepest pains and emotions, but also reminded himself that God is never far away. Even when we are doubting, God is consistently good and His faithfulness endures forever. After each section of the psalm, the writer reminds us to *selah*, pause and take a deep breath.

Admitting Our Emotion (vv. 1-3)

Openly and freely, the psalmist poured out his deepest pains before the Lord. In the midst of his trouble, he moaned and his vision and understanding of God's goodness was blurred. He was tired and weary, but he chose to search for, seek, and think of God. As you sit before the Lord, honestly and verbally express the emotions you feel. Anger, fear, sadness, loneliness. The Lord sees your emotions and He hears your cry. He is not far from you.

Selah—pause and take a deep breath.

Challenging Our Understanding (vv. 4-9)

Suffering from his present pain, the psalmist turned his mind to the joys of the past. The psalmist thought of when things were good, and this sparked an internal debate: "Will the Lord reject forever?" The psalmist had to ask the honest question before he could come to an answer. In the midst of the emotion you expressed above, which of God's characteristics are you doubting? Make those doubts known to

Him. It's okay. God longs for us to see Him as He is. What doubts does He need to redeem in your mind?

Selah—pause and take a deep breath.

Remembering His Faithfulness (vv. 10-15)

After addressing his doubts, the psalmist again remembered the past. He called to mind moments in history when God revealed who He really was, who He still is. In these verses, his tone shifted and his soul was uplifted as he remembered the works of God. How does God want to redeem your doubts in Him through your recollection of the past? Allow memories of God's faithfulness to fill your mind. Feel your heart strengthen as you begin to see God more clearly.

Selah—pause and take a deep breath.

Praising His Goodness (vv. 16-20)

As the psalm ends, the psalmist continued to remember the deeds of God. He praised God for His power and faithfulness. The author's mourning turned into praise. God had made a way. End your time in prayer with praise. Thank God for His goodness. Speak and write down words of praise as you remember God's faithfulness. Notice the shift in your spirit as you journey with God and yourself toward freedom from even the heaviest of emotions.

Selah—pause and take a deep breath.