





In The Day Of Trouble



Psalm 77 : 1

In the Day of Trouble I seek the Lord
To the choirmaster: according to Jeduthun.
A Psalm of Asaph.

I cry aloud to God, aloud to God,
and he will hear me.

Psalm 77 : 2

**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.**

Psalm 77 : 3-4

**3 When I remember God, I moan;
when I meditate, my spirit faints.**

**4 You hold my eyelids open;
I am so troubled that I cannot speak.**

**It seemed like no matter how long
he prayed into the night,
he didn't feel any better.**



In the days of trouble, remember and seek God.

In the days of trouble, cry out to God



Psalm 77 : 8

**Has his steadfast love forever ceased?
Are his promises at an end for all time?**

**It is okay to honestly state
the agitation of our hearts toward God.
But do not stop there!**



Psalm 77 : 11-12

**11 I will remember the deeds of the LORD;
yes, I will remember your wonders of old.**

**12 I will ponder all your work,
and meditate on your mighty deeds.**

**Asaph remembered what God had done
in the past as a guide and hope for
God's plan for his future.**



In the days of trouble, remember and seek God.

In the days of trouble, cry out to God

**In the days of trouble, remember and think about
what God has done.**



Psalm 77 : 14

**You are the God who works wonders;
you have made known your might
among the peoples.**

Psalm 77 : 15

**You with your arm redeemed your
people, the children of Jacob
and Joseph.**

**God's love is measured through
Jesus' death on the cross and
His power is measured through
His resurrection.**



In the days of trouble, remember and seek God.

In the days of trouble, cry out to God

**In the days of trouble, remember and think about
what God has done.**

In the days of trouble, declare faith and praise to God.





In days of trouble, find and experience God in our worship to Him.

Worship is the moment we communicate with God.

Worship helps us process/face/get through our distress.

Richard Foster:

To worship is to experience reality.



**Worship transforms confused and
vain thoughts into powerful
confidence in Him.**





