







In The Day Of Trouble

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.

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

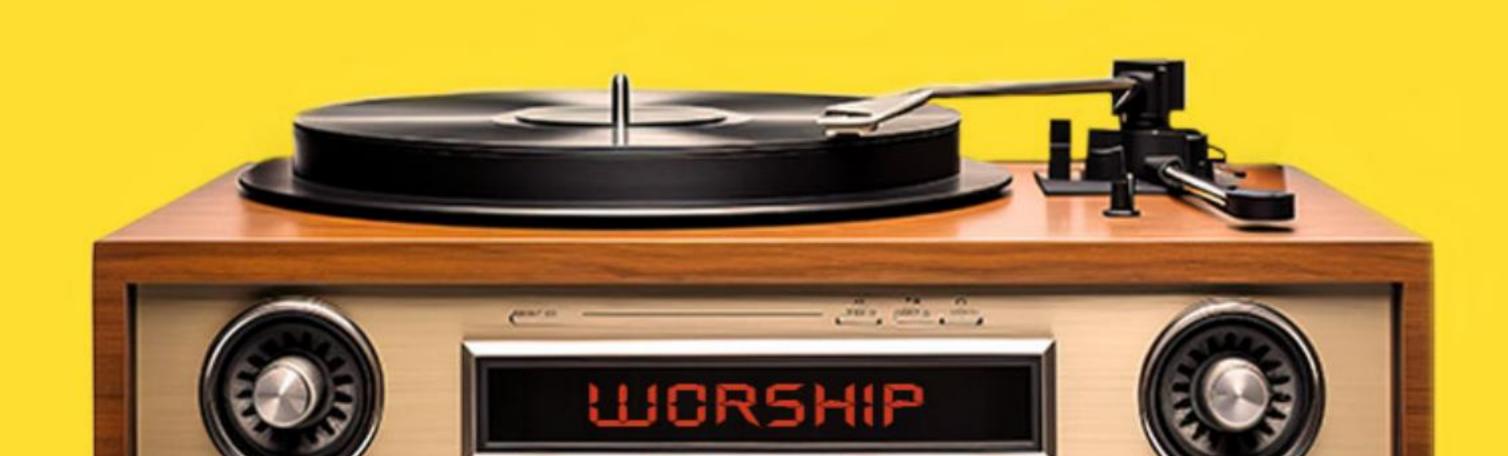
3 When I remember God, I moan; when I meditate, my spirit faints.

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



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.



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

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.







