

Lament Turning

Psalms of Asaph · Book III

"For the Chief Musician. To Jeduthun. A Psalm by Asaph."

IN ONE SENTENCE

*In a sleepless night of distress, I remember God's wonders and the way he led his people through the sea.***Remember it:** Seventy-seven: in the sleepless night, remember the God who walked through the sea.

MEMORY VERSE

I will remember Yah's deeds; for I will remember your wonders of old.

Psalm 77:11 · World English Bible

HEBREW WORD

אֶזְכֵּר

"I will recall" · verse 11

In the Psalms: 54 times, in 31 psalms

זָכַר means to remember, but in the Bible remembering is more than recalling a fact. It is calling something to mind so that it shapes what you do, as when God "remembered Noah" and the waters went down. The sleepless singer turns the corner by deciding, "I will remember."

HOW THE PSALM MOVES

- 1-4** A sleepless sufferer cries to God and finds no comfort.
- 5-9** He asks whether the Lord has rejected and forgotten forever.
- 10-15** He chooses to remember God's wonders and redeeming arm.
- 16-20** The sea trembled as God led his flock through the waters.

MY NOTES

**Listen.** Hear Psalm 77 sung in the **Psalm Song** app, or free at ispress.de/psalms/77.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Israel's Story

FILL IN THE BLANKS

In a _____ night of distress, I remember God's _____ and the way he led his people through the _____.

CHECK YOURSELF

1. What does the psalmist say God does to his eyelids?

☐ (A) Closes them in sleep

☐ (B) Holds them open

☐ (C) Fills them with tears

☐ (D) Lifts them to heaven

2. What does the psalmist decide to appeal to?

☐ (A) The strength of Israel's army

☐ (B) His own good deeds

☐ (C) The years of the right hand of the Most High

☐ (D) The prophets of old

3. By whose hand did God lead his people like a flock?

☐ (A) Joshua and Caleb

☐ (B) David and Solomon

☐ (C) Samuel and Eli

☐ (D) Moses and Aaron

TALK IT OVER

1. List the questions in verses 7-9. Why do you think the Bible lets a believer ask them out loud?

2. God's footsteps through the sea "were not known" (v. 19). What does it mean that God leads even when we cannot see his tracks?

3. Which past act of God in your life could you deliberately remember during your next sleepless night?

IN YOUR OWN WORDS: WHAT DOES PSALM 77 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 11 by heart

☐ I know the picture word

Answers: Blanks: sleepless · wonders · sea · Check yourself: 1. B (v. 4) · 2. C (v. 10) · 3. D (v. 20)