

Six Questions That Cause People To Doubt – Psalm 77

By Mary McCave

Psalm 77 is unique in that it shows the Psalmist, Asaph in a terrible conflict within himself, what causes that conflict, and then the solution of deliverance. This is all in the first 15 verses of the Psalm. Studying this Psalm, I realized how many times I have fallen into the same destructive thinking. If I don't keep my thoughts regarding the truth of God's Word in my mind and heart, I surely will fall back to the same destructive thoughts.

I'm going to break up these verses 1-15 into 4 sections. Verses 1-6 is the first section and explains how Asaph got into this conflict of thinking.

Psalm 77:1-6. My voice rises to God, and I will cry aloud; My voice rises to God, and He will hear me. In the day of my trouble I sought the LORD; In the night my hand was stretched out without weariness; My soul refused to be comforted, When I remember God, then I am disturbed; When I sigh, then my spirit grows faint, Selah. You have held my eyelids open; I am so troubled that I cannot speak. I have considered the days of old, the years of long ago. I will remember my song in the night; I will meditate with my heart, and my spirit ponders;

In these first 6 verses explains how Asaph raises his voice to God, also knowing God hears him and that he is undoubtedly in his day of trouble. And yet, at the same time in verse 2, his soul refuses to be comforted. He was constantly bothered by his trouble. In verse 3, when he remembers God, he is disturbed. Asaph has such conflict within himself. He does a very destructive thing that within his conflict and refusing to truly go to God for help, he meditates with his own heart. He is looking to himself for answers and help.

How often I have tried to work things out within my own heart, thinking I've got it in control and didn't humbly ask my Father Yahweh for true help. I was in my own "pity party." I was troubled, and I just kept turning it over and over in my heart and stayed in that helpless situation. I would go into "woe is me" behavior.

The second section is Verses 7-9, and in these three verses are the six terrible questions we ask ourselves which only leads a person to doubt their faith in the One True God.

Psalm 77:7-9. Will the LORD reject forever? And will He never be favorable again? Has His lovingkindness ceased forever? Has His promise come to an end forever? Has God forgotten to be gracious? Or has He in anger withdrawn His compassion? Selah.

These truly are destructive questions are pondered in people's hearts, especially when times get very tough. These questions only lead people to doubt God's love, help, strength, mercy and salvation when they need to be assured of God's great love and help at a critical time. They cause people to doubt God's ability and lose their faith.

When I think of these verses and the destructive questions, I ask myself, really? It's such a harsh way to think of God. Rejection can crush a person's heart. If you have ever felt rejected, it tears you up inside. It makes you feel so alone, not loved nor wanted. To never feel that you are in the bosom of God's love and kindness is another type of rejection. To think that His promises have come to an end? All that God has promised us, His help and His future for us, to think that God forgets His people and no longer remembers His graciousness and divine favor to us? That our Father would be angry at us and withhold His mercy and compassion forever. So harsh, sad, and grievous questions which leads a person away from God and to utter helplessness!

The third section is verse 10.

Psalm 77:10. Then I said. "it is my grief, That the right hand of the Most High has changed."

WOW, what an epiphany! He finally understands his problem, his grief! Asaph finally recognized the problem, and the problem is not with God. He assumes and thinks God has changed somehow. I know I have thought that, too. I can remember when I thought God has changed and realized it was me that changed my thinking!

The fourth section is verses 11-15.

Psalm 77:11-15. I shall remember the deeds of the LORD, Surely I will remember Your wonders of old. I will meditate on all Your work And muse on Your deeds. Your way, O God, is holy; What god is great like our God? You are the God who works wonders; You have made known Your strength among the peoples. You have by Your power redeemed Your people, The sons of Jacob and Joseph. Selah.

He finally remembers the LORD'S deeds of old. He finally gets out of his own thoughts and meditates, really thinks, of all God's works. Asaph changes his focus off of himself and on all the wonderful works of God. No other god can come close to what the Creator, our Father of all, and what He has provided for us. Yahweh set everything for our well being because of His great love for all of mankind. He even gave His only begotten son, our Lord Jesus, for our salvation.

The thoughts I want to keep in my mind and heart, especially in very challenging times, " my day of trouble" is of God's goodness, His mercy, His compassion, His great love for me.

Ephesians 2:4,5. But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved)

II Timothy 2:13. If we are faithless, He remains faithful, for He cannot deny Himself.

God is rich in mercy and always faithful. His love is great towards us!

Malachi 3:6.a For I, the LORD, do not change;

James 1:17. Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.

Psalm 119:90. Your faithfulness continues throughout all generations. You established the earth, and it stands.

II Thessalonians 3:3. But the LORD is faithful, and He will strengthen and protect you from the evil one.

Our Father, Yahweh doesn't change. As He was in the beginning, He is the same with us now. From generation to generation, He has blessed us and made us acceptable in the beloved. Our Father never rejects us; rather, we are always before Him. He has engraved us upon the palms of His Hands. Our Father will never forsake us nor fail us. He will never abandon us. What joy and comfort to our souls.

Isaiah 40:28-31. Do you not know? Have you not heard? The Everlasting God, the LORD, the Creator of the ends of the earth Does not become weary or tired, His understanding is inscrutable. He gives strength to the weary, And to him who lacks might He increases power. Though youths grow weary and tired, And vigorous young men stumble badly, Yet those who wait for the LORD Will gain new strength; They will run and not get tired, They will walk and not become weary.

Psalm 86:5. For You, LORD, are good, and ready to forgive, And abundant in lovingkindness to all who call upon You.

These last verses, I ask you to deeply consider what the Word of God is saying to your heart. I challenge you to search the Word of truth, to see God's heart for His people. He is always with you. You never walk this life alone. He has equipped us with all that we need. We have His blessings and promises that are never taken away from us.

We have the choice not to seek Him, not to know our Father, to think destructive thoughts that steal our faith. Do not make that poor choice, and if you find yourself thinking those lies about God, do as Asaph did and turn your focus off of you and to our Heavenly Father, who can lift you up out of the pit and deliver you and help and strengthen you.

In closing, I would like to ask you: what do you think about God? Is your focus where it belongs?