

## LIFE Group Sermon Questions

In the Day of My Trouble

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Psalm 77:1-20



THE ORCHARD

### Psalm 77:1-20

- I cry aloud to God,  
aloud to God, and he will hear me.
- <sup>2</sup> 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.
- <sup>3</sup> When I remember God, I moan;  
when I meditate, my spirit faints. *Selah*
- <sup>4</sup> You hold my eyelids open;  
I am so troubled that I cannot speak.
- <sup>5</sup> I consider the days of old,  
the years long ago.
- <sup>6</sup> I said,<sup>[a]</sup> "Let me remember my song in the night;  
let me meditate in my heart."  
Then my spirit made a diligent search:
- <sup>7</sup> "Will the Lord spurn forever,  
and never again be favorable?
- <sup>8</sup> Has his steadfast love forever ceased?  
Are his promises at an end for all time?
- <sup>9</sup> Has God forgotten to be gracious?  
Has he in anger shut up his compassion?" *Selah*
- <sup>10</sup> Then I said, "I will appeal to this,  
to the years of the right hand of the Most High."<sup>[b]</sup>
- <sup>11</sup> I will remember the deeds of the LORD;  
yes, I will remember your wonders of old.
- <sup>12</sup> I will ponder all your work,  
and meditate on your mighty deeds.
- <sup>13</sup> Your way, O God, is holy.  
What god is great like our God?
- <sup>14</sup> You are the God who works wonders;  
you have made known your might among the peoples.
- <sup>15</sup> You with your arm redeemed your people,  
the children of Jacob and Joseph. *Selah*
- <sup>16</sup> When the waters saw you, O God,  
when the waters saw you, they were afraid;  
indeed, the deep trembled.
- <sup>17</sup> The clouds poured out water;  
the skies gave forth thunder;  
your arrows flashed on every side.
- <sup>18</sup> The crash of your thunder was in the whirlwind;  
your lightnings lighted up the world;  
the earth trembled and shook.
- <sup>19</sup> Your way was through the sea,  
your path through the great waters;  
yet your footprints were unseen.<sup>[c]</sup>
- <sup>20</sup> You led your people like a flock  
by the hand of Moses and Aaron.

## Sermon Outline

- I. A troubled soul (vv1-4)
- II. A contemplative soul (vv5-9)
- III. A praising soul (vv10-20)

## Discussion Questions

1. What did you learn today from the Scripture passage(s) that you didn't know before? What is something that hit you in a fresh way?
2. From the very beginning, we see the Psalmist's certainty that God will hear him (v. 1). What confidence do you have that God hears you? Are you ever tempted to think that He doesn't? Explain why or why not.
3. What is your default response during times of trouble (v. 2)? Do you tend to run to God, or do you become distant or angry with Him? Do you seek to surround yourself with other Christians, or do you isolate yourself?
4. What's your "song in the night" (v. 6)? What has personally helped or sustained you during challenging times?
5. Why is it important to reflect on who God is when circumstances change (vv. 6b-9)?  
Take some time to share the characteristics of God that are especially meaningful or encouraging to you.
6. What are some positive outcomes from meditating on God's faithfulness in the past (vv. 11-15)? What can be some potential problems if we always remain stuck in the past?
7. Share times when God has clearly led you (v. 20).

Cross References: Psalm 32:8 *I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.* Proverbs 16:9: *"The heart of man plans his way, but the LORD establishes his steps."* (ESV)