

# Psalm 77



## The Text – Psalm 77

1. Describe the experience and emotions of the Psalmist in verses 1-4. Can you think of times in life where you have felt similarly?
2. What do we learn about the circumstances surrounding the Psalmist's anxiety and worry?
3. What insight do the questions of verses 7-9 give as to the source of the Psalmist's anxiety?
4. In verses 10-12, where does the Psalmist decide to turn in seeking comfort? How might such reflection help the Psalmist?
5. What aspects of God's character and activity does the Psalmist call to mind in verses 13-15? How are these particular characteristics comforting in anxiety?
6. Reflect on verses 16-19. What part(s) of Israel's history do you think they are describing? What is the significance of the waters convulsing and writhing before God? Does this remind you of any other parts of scripture?
7. In verses 19 and 20, the Psalmist calls to mind God's continual presence. In what ways have their questions from verses 7-9 been answered? Where have they found the answers to those questions?

## The Scriptures – Psalm 77

8. Read Matthew 11:25-30. Who does Jesus invite to come to him? Why these people? Who are they in contrast to (you may want to read earlier in the chapter)? In what ways is Jesus' yoke easy and his burden light?
9. Read Philippians 4:6. Some people use this passage to suggest that worry and anxiety are sinful. How would you respond to someone making such a claim in light of Psalm 77? What do you think Paul means in Philippians 4:6?

## Our lives – walking the way of Jesus in response to Psalm 77 as a portion of the Scriptures

10. In what ways does a secular culture create an inherently anxious environment? How does the rhythm of life in western culture feed anxiety?
11. In what ways does scripture encourage the community of God's people to live in a way that counters the human-centric anxious culture around us? What place do rest and remembrance have in your life? What practices might help us to be a people of rest and remembrance?