



READ Psalm 77

SHARE words, phrases, truths that stuck out to you; any questions you have; new insights.

DISCUSS the passage together.

1/ Do you feel pressure to have it all together during the holiday season in some settings? If not, what is present in those settings that allows you to be honest?

2/ The 20th century preacher Martin Lloyd Jones observed that many of the psalms give voice to “spiritual depression.” Do the first 9 verses of Psalm 77 resonate with you? Have they ever?

3/ The psalmist fights for revival by remembering the past redemption of God starting in v. 10. How does this *kind* of remembering differ from v. 3 and v. 6?

4/ Why do you think remembering God’s redemptive acts in the past on behalf of his people is the recommended posture for a person experiencing spiritual depression?

5/ The final verse is open ended. It actually ends in the *wilderness* if you think about it! It seems this psalm teaches us to remember the gospel even in seasons of wilderness. How does this challenge or encourage you?

6/ What events in God’s story does the psalmist call to mind? (Read **Exodus 15** for comparison).

7/ Luke describes Jesus’ death as an “exodus.” In fact, Christopher Wright says that the Exodus was “the primary model of God’s idea of redemption, not just in the Old Testament but even in the New, where it is used as one of the keys to understanding the meaning of the cross of Christ.” If the psalmist remembers the old exodus, what are the ways can we remember the *new* exodus (the cross of Christ)?

APPLY the text to your life (these questions from Redeemer NYC might help).

1/ How can I praise him?

2/ How can I confess my sins on the basis of this text?

3/ If this is really true, what wrong behavior, what harmful emotions or false attitudes result in me when I forget this?

4/ What should I be aspiring to on the basis of this text?

5/ God, why are you telling me this today?

PRAY together for the things you just shared, and also for anything else in your life.