



HOPE
DESPAIR

Psalm 77:11-12

¹¹ I shall remember the deeds of the LORD;
Surely I will remember Your wonders of old.

¹² I will meditate on all Your work
And muse on Your deeds.

Focal Truth:

Remind yourself of God's past work in your life.

Observations:

1. Seeking God in times of trouble reminds us of God's past help. – Ps. 77:1-3
2. Questioning yourself about God's past care reminds us of His past help. – Ps. 77:4-9
3. Thinking deeply about God's past salvation produces joyful thankfulness to God in despair. – Ps. 77:1-20

6 Questions for yourself about God's past care for you

1. Has God ever rejected me? Will He ever reject me?
– Ps. 77:7 - **His presence**
2. Hasn't God always been gracious to me? Won't He continue to be gracious? – Ps. 77:7 – **His grace**
3. Has God's love ended for me? Will His love ever end for me? – Ps. 77:8 – **His love for me**

6 Questions for yourself about God's past care for you

4. Have God's promises ended? Will His promises ever end? – Ps. 77:8 – **His promises to me**
5. Has God ever forgotten me? Will He ever forget me? – Ps. 77:9 – **His knowledge of me**
6. Has God's anger canceled His mercy to me? Will His anger ever cancel His mercy to me? – Ps. 77:9 – **His mercy to me**

Things to Remember and Do:

1. Draw near to God in your day of trouble – Seek Him in prayer – He is your Refuge.
2. Question yourself about God's past blessings – count your many blessings!
3. Draw near to God thinking deeply about His salvation in Jesus Christ for you!

Call or text 988 Mental Health Emergency – 24/7



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