



Can You Hear Me?

Aug. 31 - Sept. 6, 2025

MAIN POINT

Even in the face of discouragement or depression we are reminded of the glory of our great God.

INTRODUCTION

Think back over a difficult time in your life.

What predominant emotions did you feel during that time?

At the time, how did you think God felt about your situation and what did you think He was doing?

How was that different from what He actually had planned? Similar?

Discouragement comes to all of us, and it can sometimes lead to severe depression. What are we believers to do? Some people say that Christians should not suffer depression. Is that true? **No.** Clearly some of God's great people suffered depression such as Elijah, Job, and even Paul. The psalmist's words in Psalm 77 give us insight into what we are to do when we find ourselves facing discouragement. God has more than sympathy for our pain. He has a solution. *He has a plan to turn our suffering into glory and the power to see it come to pass.*

UNDERSTANDING

READ [PSALM 77:1-9](#).

What modern terms might people use to describe the psalmist's condition ([vv. 1-4](#))?

What question is at the bottom of his despair ([vv. 7-9](#))?

What do these questions reveal about Asaph's relationship with God?

Asaph began the psalm by describing the discouragement and distress he felt. In verses 7-9, we read that a series of questions that all point to the root of Asaph's distress: Where was God when he needed him? Asaph specifically asked why God rejected him, wouldn't show His favor or unfailing love, wasn't fulfilling His promise, and was not being merciful or compassionate. While none of these are true statements about God, the fact that Asaph was able to take these honest questions to God reveals the depth of their relationship.

Have you raised any of these questions to God recently, or do any of them resonate with you? If so, which ones and what made you feel that way?

What are we reminded of about our God by the fact that He welcomes honest and vulnerable questions such as these?

God is not scared of our honesty. In fact, He welcomes it. God cares so much about us and our feelings that He has given us a direct line of communication to Him through prayer.

That doesn't mean we only pray to God during the good times. He expects us to bring all of our requests, doubts, grievances, and emotions to Him. In fact, we see this time and again throughout Scripture.

What are some examples of people in Scripture who experienced discouragement and/or depression as a result of their circumstances?

What are some key truths we learn from their stories that we can apply to our own lives?

Sometimes we may think biblical figures did not experience the same problems we do. Abraham, Moses, David, and Elijah were not superhuman. They wrestled with temptation, experienced failure, felt fear, and struggled with depression, even as all of us do at times. It shows, however, that God can use ordinary people in wonderful ways. He doesn't expect us to have it all together.

Think about Jesus' prayer in the garden of Gethsemane and the distress and raw emotion He expressed to God. Even the very Son of God felt despair and anguish. Yet all of these examples remind us that the most important thing we can do when we feel that way is look to God for comfort and strength.

READ [PSALM 77:10-20](#).

Where do the psalmist's thoughts wander in these verses?

What specific acts of God does the psalmist recall?

How can remembering how He has loved you in the past, help when you experience times of adversity in the future?

What are some practical ways you can remember His love?

As we follow God into the future, there is no doubt He will lead us through difficult times. It's during times like that when we are likely to question whether God is truly good, or powerful, or even faithful. But one of the great things about faith is that during those times, we can look back to where we've come from and know that God is still the same God who has always led us. If He provided for us once, He will be faithful to do so again. All of Scripture serves as a testimony of God's faithfulness and protection of His people.

In this new renewal of his faith, what new affirmations about God does the psalmist make? Specifically, what does he affirm about the character and nature of God?

What do these specific aspects of God's nature mean to you?

How do they speak directly to our discouragement and depression?

True faith is not dependent on our circumstances. It must find its root in something that does not change—the character of God. The psalmist was reminded that God is holy, all-powerful, Redeemer, Creator and Sustainer of the universe, and Shepherd of His people. No matter what's happening in our circumstances, God is working for the good. Our job isn't to know exactly what He's doing; our job is to hold on and not give up. When things are falling apart around us, the best thing we can do is trust.

APPLICATION

How might God use loneliness and depression to speak into our lives?

What can we learn about God and ourselves when we are discouraged or depressed?

How does going through such an experience form us into being more like Jesus?

How can we, as a group, be a source of encouragement, comfort, and peace as people in our group struggle through tough times?

PRAYER

Pray that God would care and comfort the people who are currently struggling with discouragement or depression. Pray that God would show them His love and grace. Pray that people would trust in God even in the difficult times. Ask that God would lead people down the path of healing.

COMMENTARY

PSALM 77:1-20

77:1-3. This psalm begins with a lament, an intense longing to hear from God.

77:4-6. Pondering a time when the worship experience was better caused grief and sleeplessness.

77:7. Typical of Asaph psalms (74:1-2; 80:3-4; 83:1; 88:14), the psalmist characterized God's slow response as rejection and asked how long before the restoration of the Lord's favor.

77:8. Faithful love could be rendered as "covenant love" or "covenant loyalty" in this context. The psalmist hoped an appeal to Yahweh's faithful love would persuade God to respond to the crisis. He used language normally associated with the exodus from Egypt and the appearance of God at Sinai.

77:9. Gracious and compassionate often occur together in poetic contexts. While grace parallels the idea of showing favor in verse 7, compassion derives from the Hebrew root meaning "womb," suggesting a filial relationship that parallels faithful love in verse 8. A literal rendering of the Hebrew text reads, "has He [God] closed up His womb in anger," a figurative expression denoting the absence of parental love and concern for His offspring.

77:10. God's right hand represents the power by which He works (60:5). God's immutability guarantees His unchangeable character. The psalmist was not claiming that God's nature had changed; instead, he was disappointed because God had responded differently than expected.

77:13. A hymn (vv. 13-20) immediately follows the end of the lament. God's way, the determination and exercise of His divine will, reflects His holy character. The rhetorical question What god is great like God often introduces incomparability statements in hymns emphasizing the Lord's sovereignty (18:31; Ex 15:11; 2Sam 22:32; Isa 40:18), omnipotence (Ex 15:11; Dt 3:24; Ps 71:19; 89:8), omniscience (Isa 44:7), stature (Ps 113:5; Isa 40:25), and capacity for forgiveness (Mic 7:18).

77:14. God's strength, revealed through Israel's redemption from bondage, alludes to the exodus, which provided the paradigm against which Israel anticipated the Lord's deliverance from future enemies. The reference to "descendants of Jacob and Joseph" in verse 15 reinforces the exodus allusion.

77:15. With power is literally "by arm." By His powerful arm, God redeems, saves, and executes judgment (44:3; 89:13; 98:1; 118:15; Isa 50:2; 51:5; 52:10; 59:1).

77:16-18. Using divine warrior imagery, the psalmist declared that cosmic upheaval accompanies God's presence (18:7-15; 114:3-5; Ex 19:16-19), and creation exults in worship before Him. The Lord's arrows (v. 17) refer to lightning bolts (29:7; 76:3). The storm language depicts His control over all of nature's forces.

77:19. Referring to Israel's procession through the parted waters of the Red Sea, the psalmist recalled the mysterious work of the Lord, who was unseen yet present.

77:20. The psalms of Asaph often use shepherd and flock imagery to emphasize the Lord's compassion and care.