

When It Feels Like You're All Alone
Psalms 77: 1 – 20
May 23, 2010

One of the most common feeling people experience when things go wrong in life is the feeling you're all alone. And it is one of the most devastating feelings anyone can experience. It compounds the pain and sense of failure. So it is appropriate to ask, "Does this mean God has deserted me, along with everyone else?" In Psalm 77, a man named Asaph gives his testimony about when he felt utterly alone, and how he dealt with that feeling of aloneness.

He was a man who had obviously experienced many blessings in his relationship with God, but now he feels cut off and abandoned by his Lord. Let's read together Psalm 77 in its entirety (read).

I. the very first thing I notice in reading Asaph's account is that he expresses his reactions to feeling so abandoned. It reminds me this is often **how we often react to feeling all alone (vs. 1 – 10):**

- **Cry to the Lord (v. 1).** It is never mentioned specifically what his problem was; he is experiencing deep sorrow, and so all of us can identify with him, no matter the exact problem we face.
- **Seek comfort (vs. 2 -- 3).** Asaph was in such need he held out his hand to the Lord throughout the night – he focused completely on his Lord in a show of faith. However, even such an extreme demonstration did not comfort his soul. He goes on to say, "My soul refused to be comforted." Have you ever been to this point? Ever called on the Lord, and it just seemed as if He was not there?
- **Experience terrible sorrow (vs. 4 – 6)** Asaph was so troubled sleep wouldn't come. Ever been in that place? I have! And finally Asaph took things to the next level – he questioned God!
- **Question God (v. 7)** If you are honest, you have done the very same thing in an extreme moment. However, allow me to give you good news: you are not going to offend God by questioning Him. Most likely He is seeking to teach you something through this trial, and God understands one of the best ways to learn something is to ask questions. Just be ready to accept the answers!

II. But I also see in Asaph's response **how a Believer ought to react when they think God isn't there (vs. 10 – 20):**

A. Remember His works (vs. 10 – 11).

1. Consider all God has done: in creation; in all He did for the Children of Israel; in sending His Son Jesus to be our Savior; how He redeemed us and made us His children.

2. In Psalm 40: 2, King David practiced this truth.

B. Reflect on His Word (v. 12). To meditate (to ponder, imagine or study) on God's Word means to search out all the great and wonderful works God has performed.

1. Find direction (Psalm 119: 105)

2. Find protection (Psalm 119: 114) It is an exciting, wondrous thing to read God's promise to "never leave you or forsake you."

C. Reflect on His Wonders (vs. 13 – 18). “Wonder: an event causing amazement, astonishment and admiration.” Aspah knew God had delivered Israel from Egypt. This was a source of comfort, a vivid reminder of the strength of God.

1. The wonder of His might (vs. 13 – 14). No matter how rough things may get, or not make sense, we must remember Who is in control.

- 1) He is omnipotent (all powerful)
- 2) He is omniscient (all knowing)
- 3) He is omnipresent (everywhere at all times); that should be enough for us to know He is with us!

2. The wonder of His methods (vs. 15 – 15 – 18). Aspah recognized Israel was redeemed by God’s own hand. That is the same method God employs to redeem one of His children today. *And, if He has done all these things for us, why would He ever abandon us?*

Martin Luther, in one of the greatest crises of his life, was confronted by a powerful accuser before a church tribunal. The accuser asked, “Do you realize the power you are defying today? Do you expect any force worth mentioning to take up arms and come to your aid?”

“No,” Luther quietly answered, “I do not expect that.”

“Then where will you be?” thundered his accuser.

Luther replied, “I shall be where I have always been – in the hands of Almighty God.”

When we think God isn’t there, we should: remember His works; read His word; reflect on His wonders; and finally we should:

D. Rely on His wisdom (vs. 19 – 20).

1. Aspah understood the fact that God is too great to comprehend. Not even His footsteps are easily discernable.

2. We may not know what God is doing – and should not be surprised by that fact -- but we must rely faithfully on the God of our salvation.

A storm wrecked a ship. The only survivor was a small boy who was swept by the waves onto a rocky outcropping. There he sat, cold, fearful, and trembling, expecting to be snatched from his perch by the pounding waves. In the morning he was discovered and rescued. One of the rescuers asked him, “Were you trembling while you were all alone during the night?”

He answered, “I sure was trembling with fear, but the rock didn’t move.”

We are human; we will always be subject to trembling with fear, but the Rock on which we stand never does!

Is this your response to the things that go wrong in life? Stop focusing on your problems and focus on the One Who can solve those problems. Then you can end your own personal psalm rejoicing in His ways.

Let’s pray!