

Learning to lament 3: speaking truth to your soul: Psalm 77v10-12

When the 'evidence' of the circumstances of our lives is telling us that God does not love us, that he has abandoned us what do we do? So far, we have seen the psalmist turn to God, not from him (v1-4) and then bring his questions to God (v5-9). Now comes the turning point of the psalm. We need to learn to speak truth to our souls! This is a vital part of learning to lament and in my experience the means by which God gives his grace for each day's troubles:

- <sup>10</sup> Then I thought, "To this I will appeal:  
the years when the Most High stretched out his right hand.  
<sup>11</sup> I will remember the deeds of the LORD;  
yes, I will remember your miracles of long ago.  
<sup>12</sup> I will consider all your works  
and meditate on all your mighty deeds."

In v10 he stops the questions that his soul is asking. So far he has allowed his view of God to be shaped by his feelings. But now he says 'to this I will appeal'. He chooses to set his mind on the evidence of God's past work. He is like a lawyer appealing a case. He's lost at the lower court of his own feelings and is going to the higher court of God's revealed truth, God's word.

Based on the evidence of his present experience, his soul is saying 'no, God doesn't care about me anymore, he wouldn't let this happen to me'. So, he says to his soul, 'ah but I have more and better evidence about God's love for you! Let me remind you of all the evidence of who God is and what He's done for his people in the past.'

And so he sets his mind to remember v11-12, by meditating on God's word, all that God has done in history. So now, rather than basing how he thinks about God on his present feelings, he is anchoring his soul in the truth. And in v13-20 he gives a worked example. That is for tomorrow.

For today, let us pray:

Lord God, thank you that you teach us here in Psalm 77 how to handle the anxieties and fears that well up in our hearts and minds. Help us today to reflect on the evidence of your power and love for us your people, what we know to be true, that your love for us would settle our fears for today.

In Jesus name,

Amen