

God is our Rescuer

Psalm 77:1-20

Did you know that the average person travels an average of 275 miles a year aimlessly driving around lost, rather than asking for directions? Notice it said, “average person” and not man!! Some accidents occurred because the driver was distracted by arguing with a passenger when they were lost. In short, being lost is not fun!

Eventually we find our way or just give up, but sometimes, we just simply feel lost. Sometimes we go through periods of life where we don't think we are going to make it. Sometimes we feel totally paralyzed, we can't catch our breath, and we don't know where to turn.

Let's look at the first four verses here and see what kind of shape the psalmist is in.

- Did you hear the emotion in this? You can't read this without emotion. Asaph is crying out to God. The root of crying out is, SHRIEK.
- Often, our greatest crying out is at night. It was what St. John of the cross called “The Dark Night of the Soul.” At night we lay in bed and toss and turn, we can't sleep. Our heart, spirit and mind are racing. We're searching, were crying out, and were shrieking. There seem to be no comfort for our mind and spirit. We are exhausted and depressed.
- You know what is great about this psalm? Its real, it's raw, and it's a reminder that we can cry out to God and he will not run away. Or send a lightning bolt to strike us down for being depressed.

- We see people like Elijah running and hiding under a juniper tree, telling God to kill him. Paul had so many difficult experiences that he even despaired of life its self. Jeremiah was called the weeping prophet.
- Many of the worlds and church's greatest leaders have dealt with despair and depression. People like Abraham Lincoln, Charles Schulz, Beethoven, and Ernest Hemingway. Winston Churchill confessed he was hounded by the black dog of despair. Charles Spurgeon, one of the great preachers of the 1800's continually fought depression.
- Sometimes life just gets to us. I'm not here to diagnose or have a discussion about depression or symptoms. I'm not here to tell you that you can't take meds to help with depression. But I do want to turn your attention to the Word that brings us hope and can set us free from our darkness.
- I love what the psalmist did. He asked questions to God. Let's look at some of them. Verse 5.
- Talk to God, cry out to God. Ask God questions. Pour out to God how you feel. It's ok!!!! God wants you to do this. Don't do it in the middle of Wall Mart, find a safe place and let it go!!
- These questions many of us have asked at one time or another. Just don't get stuck in the asking and asking. Instead do what Asaph did. Verse 10, 11, 12.
- Did you see what he did? He stopped his questioning and looked back to God. He is remembering the works of God. He is pondering and meditating on the mighty works of God.
- He didn't have all of the answers to his problem. Why do we think we are any different?

- He was able to recall God's power. Verse 13-20.

- Can you look back and see God's presence, even in the midst of your darkest times? The time when you were filled with more grief and loss than you could imagine. God was there. He was with you.

- His presence is a constant, never ending presence. Sometimes it seems like the trail has come to a dead end. When we look back, the foot prints in the sand are gone.... It's only our footprints. But you know what???
 - It looked like a dead end when Jesus was arrested.

 - It looked like a dead end when Jesus was carrying the cross.

 - It looked like a dead end when Jesus was nailed to the cross.

- It looked like a dead end when the Romans took a spear and stuck it into his side. It looked like a dead end when they rolled a stone to close the tomb.

- But I've got good news, our God is not a God of Dead end trails, but our God is a God of new beginnings.

- The crucifixion was not the end. The tomb was not the end. The cross was changed from a dead end to the beginning of a new covenant. The tomb was changed from a place of death to a place of new life.