

Psalms

Readings

Psalm 77

Everyone goes through difficult times and has trying experiences.

Think about it...

- *When you go through a trial, what questions are you asking?*
- *What do you focus on during the trial?*
- *What helps you to get through your trial?*

Questions... From Psalm 77

1. Read Psalm 77.
2. Remember and reflect on you last long sleepless night. What were you concerned about? Were you able to find comfort? Why or why not?
3. In times of trouble, what times do you remember about our past? Do you remember the good old days and wonder what ever happened to them?
4. In verses 7-9, what 6 questions is Asaph asking about his situation? Does he expect answers to his questions?
5. What does Asaph determine to do in order to survive his trial?
6. Will we always understand why we are going through a trial? What should we do when we don't understand the reasons for our trials?
7. What have you learned about God that helps you to endure your trials?