



SUM

in the psalms

MER



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COMMUNITY CHURCH

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PLUS 30 READING PLAN 2024




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*Since today is
August 4:*

**Psalms 4,
34, 64,
94, & 124**



The Psalms are the
inspired Word of God
to teach us how to be
human and prepare us
for every possible
circumstance.

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Please turn to **PSALM 77**

(PAGE 258 IN YOUR PSALMS JOURNAL)

**Please silence your phone, but
check in at Grace and post all
the good stuff on social media!**

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Psalm 77

**In the Day of Trouble
I Seek the Lord**

**To the choirmaster:
according to Jeduthun.**

A Psalm of Asaph.

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Psalm 77

**¹ I cry aloud to God,
aloud to God, and
he will hear me.**

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Psalm 77

**² In the day of my trouble
I seek the Lord; in the night
my hand is stretched out
without wearying;
my soul refuses to
be comforted.**

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Psalm 77

**³ When I remember God,
I moan; when I meditate,
my spirit faints.**

Selah

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Psalm 77

- 4** You hold my eyelids open;
I am so troubled that
I cannot speak.
- 5** I consider the days of old,
the years long ago.

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Psalm 77

6 I said, "Let me remember
my song in the night;
let me meditate in my heart."
Then my spirit made
a diligent search:

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Psalm 77

7 "Will the Lord spurn forever,
and never again be favorable?"

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Psalm 77

8 Has his steadfast
love forever ceased?
Are his promises at
an end for all time?

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Psalm 77

**9 Has God forgotten
to be gracious?
Has he in anger shut up
his compassion?"**

Selah

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Psalm 77

10 Then I said, "I will appeal to this, to the years of the right hand of the Most High."

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Psalm 77

11 I will remember the
deeds of the LORD;
yes, I will remember
your wonders of old.

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Psalms 77

- 12** I will ponder all your work,
and meditate on your
mighty deeds.
- 13** Your way, O God, is holy.
What god is great
like our God?

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Psalm 77

14 You are the God
who works wonders;
you have made known
your might among
the peoples.

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Psalm 77

15 You with your arm
redeemed your people,
the children of Jacob
and Joseph.

Selah

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Psalm 77

16 When the waters
saw you, O God,
when the waters saw you,
they were afraid; indeed,
the deep trembled.

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Psalm 77

17 The clouds poured
out water; the skies gave
forth thunder; your arrows
flashed on every side.

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Psalm 77

18 The crash of your thunder
was in the whirlwind;
your lightnings lighted
up the world;
the earth trembled
and shook.

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Psalm 77

19 Your way was through
the sea, your path
through the great waters;
yet your footprints
were unseen.

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Psalm 77

20 You led your people
like a flock by the hand
of Moses and Aaron.

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Psalm 77

**In the Day of Trouble
I Seek the Lord**

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**“To follow Asaph,
one would had to
have weathered many
an Atlantic gale.”**

Charles Spurgeon

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**In the day of trouble...
seek the Lord.**

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When the storms come,
we are either uprooted
or our roots go deeper.

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Lament

lə-měnt' (*noun*)


a passionate expression
of grief or sorrow:
an expression of loss.

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Out loud!

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Is there an area of loss
that you are dealing
with right now that
you need to verbalize
to God and some close
friends or family?

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Psalm 77:1

**I cry aloud to God,
aloud to God, and
he will hear me.**

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Psalm 77:26

**...in the night my
hand is stretched out
without wearying**

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Psalm 77:26

**my soul refuses to
be comforted.**

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Psalm 77:4

**You hold my eyelids open;
I am so troubled that
I cannot speak.**

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“Sleep is a great comforter, but it forsakes the sorrowful, and then their sorrow deepens and eats into the soul.”



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Psalm 77:5a

I consider the days of old...

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Psalm 77:6

**"Let me remember
my song in the night;
let me meditate in my heart."
Then my spirit made
a diligent search:**

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Psalm 77:7-9

7 "Will the Lord spurn forever,
and never again be favorable?"

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Psalm 77:7-9

8 Has his steadfast
love forever ceased?
Are his promises at
an end for all time?

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Psalm 77:7-9

9 Has God forgotten
to be gracious?
Has he in anger shut up
his compassion?"

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Psalm 77:11-12

11 I will remember the
deeds of the LORD;
yes, I will remember
your wonders of old.

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Psalm 77:11-12

12 I will ponder all your work,
and meditate on your
mighty deeds.

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Psalm 77:13-15

13 Your way, O God, is holy.
What god is great
like our God?

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Psalm 77:13-15

14 You are the God
who works wonders;
you have made known
your might among
the peoples.

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Psalm 77:13-15

15 You with your arm
redeemed your people,
the children of Jacob
and Joseph.

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Psalm 77:20a

**You led your people
like a flock...**

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"Re-Member"

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We need to
re-member
the Gospel!

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**In the day of trouble...
seek the Lord.**

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**When you struggle,
you are in good company.**

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**In the day of trouble...
seek the Lord.**

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1 Cry out.

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1 Cry out.

**2 Redirect your thoughts
and re-member.**

SUM
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1 Cry out.

**2 Redirect your thoughts
and re-member.**

3 Worship.

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