

Main Point – *Honest prayers about our life are prayers God wants to hear.*

Psalm 77 is a ‘Lament.’ Laments are types of poetry which communicate sorrow. They are deep cries coming out of the soul. Laments neither deny, nor follow feelings...they pray them.

1. Honest Prayer Embraces Two Truths.

Truth 1 ‘God is here’

Truth 2 ‘My life is troubled’

- Do you feel like you shouldn’t be sad at church? There’s no better place to be sad than at church, with God’s people, lamenting your trouble.
- This kind of honesty matters to God. You can feel safe bringing feelings of trouble to Him.

2. Honest Prayer Faces the Hard Questions.

- We don’t like facing these kinds of questions, because they force contradiction in our souls.
- At the bottom of all my trouble: “What do I think about God? Do I believe He’s changed? Has His love changed for me?”
- Between verses 4-13, no less than 10X we find words like, ‘remember,’ ‘ponder,’ reflect,’ and ‘seek.’ That’s why we believe it’s good to try and draw out what’s in the heart.

3. Honest Prayer Rehearses God’s Saving Acts.

- In verses 16-20 the Psalmist is reminding himself in prayer that God is able to help Him. This shows what kind of God He is. He’s a God who saves His people. He’s the God who acts for people who can’t save themselves.
- God changed in the way He relates to me, because He changed in the way He related to His Son. God the Father changed in the way He related to His Son so He could now relate to me like His son.
- For the first time God the Son knew what it was like to have His soul in torment and look to the heavens and see heaven’s gate slammed shut. We look up and just think its shut. Verse 19 says there are “unseen footprints” in the middle of our distress.
- In Psalm 77 there is no resolution. The psalm end abruptly for a purpose. The psalm asks us to consider whether we’ve known the mercy of God for years or whether we are pondering faith in Christ for the first time: “Will we trust God in our trouble...even if we don’t see Him right now?”
- Do you feel abandoned or afflicted? Remember your savior was abandoned and afflicted for you. When you accuse God of not caring, bear in mind the way God the Father accursed His Son to demonstrate love and care for you. When you pray and the heavens feel like brass, recall that your Savior was forsaken and He received no answer from His Father...all so you would be accepted and part of His family.
- Praying the Saving Acts of God means experiencing the reality of this Saving God in our troubles.