

## Looking Back

Psalm 77:1-15



### I. Introduction

**Big Idea:** When we remember what God has done in the past, it helps us to deal with struggles and challenges we are facing in the present.

When we fail to remember, life becomes a series of unrelated events with no apparent connection to each other (Nehemiah 4:14; Psalm 143:5).

### II. Forgetting

Disappointment → doubt; doubt → depression; and depression → despair.

A. Psalm 77:1-3

B. Psalm 77:4-6

C. Psalm 77:7-9

**III. Remembering:** Psalm 77:10-15

### IV. Taking it home

Our thoughts tend to govern our mood; therefore, if we think right we will most likely feel right.



- \* Occupation with \_\_\_\_\_ brings distress.
- \* Occupation with \_\_\_\_\_ brings discouragement.
- \* Occupation with \_\_\_\_\_ brings delight and contentment.

#### 4 Steps to Deal with Disappointment:

1. Remember vs11 - \_\_\_\_\_ what God has done.
2. Ponder vs12 - \_\_\_\_\_ it down.
3. Meditate vs12 - \_\_\_\_\_ on it.
4. Make it known vs14 - \_\_\_\_\_ about it.

Don't doubt in the dark...what God has revealed to you in the light.