

PRAYER IN DEPRESSION, DESPAIR, AND ANXIETY

Psalm 77

LANGUAGE FOR LANGUISHING

Psalm 77

This Psalm is written by Asaph, one of the chief musicians and a skilled poet. The first half of his Psalm is one of complaint, fear, giving up, and depression. He is questioning God and His promises. It is an honest and raw prayer.

**The goal of repentance is not to make you pay.  
The goal is to make you glad.**

PLEADING YOUR WEAKNESSES

God’s people have a long history with depression and anxiety. As we look those in church history, we see C.H. Spurgeon, Oswald Chambers, Martin Luther, Martyn Lloyd Jones, John Calvin, and so many others who, in their own lives, have found comfort and solace in the trials of the biblical lives of David, Asaph, Job, Elijah, Paul, and even Christ Himself.

**Psalm 77** gives us an example of this seeking out of God’s faithfulness in the lives of others. In **verses 10-20**, the psalmist’s mind is turned towards God’s works. Though he is not facing exactly what Moses and the Israelites did, he relates and finds help for his soul.

**In Asaph’s weakness, he remembered that God’s way may not be out of a circumstance, but trusting Him going into it.**

PLEADING THE PROMISES OF GOD

**The beauty of God’s promises is that they are not dependent on the strength of our faith in them,  
They are dependent on the strength of the One who gave them.**

There are times, like with Asaph, that we won’t have much strength to even believe in God’s promises. But the good news is that He has sworn to Himself that He will remain faithful. In these times, we can and should put on display not some kind of self-strength, as if God needs us to make Himself look good. Rather, we boast in our weakness so that He is shown as faithful.

**Some things we never get over.  
Rather, God simply gets us through them.**  
-Pastor Zack Eswine

NOTES:

Upcoming Sermons:

In the coming weeks we will look at how the Psalms teach us to pray in times of need for provision, strength, and comfort. What should we ask for, and how do we ask for it?

This Week’s Scripture to Memorize:

**Psalm 27:14**

Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!

Will You Pray With Us?

Follow along in our Daily Prayer Journal by downloading the **PrayerMate App**, available on both **iOS** and **Android** phones. Go to our website for detailed instructions on how to subscribe to the app to be praying with us daily, as well as reading through our **Weekly Memory Verse** and our **Morning and Evening Psalm Reading**.

ARE YOU NEW HERE?

WELCOME TO LIFE MISSION CHURCH!

We’d LOVE for you to fill out the **Connection Card** on your seat to let us know you were here today. You can drop it in the offering during service or take it to one of our teammates at the **Connection Booth** outside - we’d love to give you some welcome information. Feel free to grab some food or coffee out in the courtyard and hang out. We hope you’ll **join us next Sunday** and consider making us your church family.

SERVING OPPORTUNITIES

If you’ve ever taken your child to one of our **Kids on Mission** classes, or enjoyed a cup of coffee after service, chances are there was a faithful servant behind each of those examples. Serving is one of the **most fun & rewarding ways we experience community** with our church family! **Fill out a connection card** to learn about the serving opportunities available today.

COMMUNITY GROUPS

The best way to **get connected** in the church is by joining one of our **Community Groups!** You’ll forge friendships, be encouraged, and take the sermon deeper into your heart every week. **Sign up for a Group** on a **Connection Card** or visit the **Connection Booth**. You won’t regret it!

GIVING

**Gospel-centered generosity** is motivated by a heart of thankfulness because of the sacrificial love God has already shown us. If you call **Life Mission** your home, you can place your gift in the offering baskets during service, give online at **lifemissionchurch.com/give** or mail a check to our PO Box. Thank you so much!

KIDS ON MISSION

Our **Kids on Mission** ministry has classes for **newborns – 5th grade**. Visit our website to read more about the vision and plan we have for our kids, including Pastor Jobey’s heart for the ministry and his walkthrough of our curriculum. For questions about KOM email **Katie McGinty** at **katie@lifemission.tv**

JUNIOR HIGH STUDENTS

Our **6th - 8th graders** worship with the adults and then head to the junior high room with their teacher and classmates for the rest of service.

HIGH SCHOOL STUDENTS

Our **9th - 12th graders** stay in the service because we believe that it is critical for them to not “graduate the faith” when they graduate school. Our **High School Ministry meets on Thursday Nights @7PM at Casey & Amy Barnes Home in San Marcos**. For directions and/or questions about our student ministries, contact **Casey Barnes** at **casey@lifemission.tv**.



## VISION: WHY DO WE EXIST?

We want to see God's glory known among the nations, to the least, last, and lost.

## MISSION: WHAT DO WE NEED TO DO?

We need to make disciples who make disciples locally and globally, who are saved, equipped, and sent by the Gospel.

## STRATEGY: HOW WILL WE DO IT?

By teaching people how to be rooted in the Gospel of God's glory through the Word of God, Prayer, and Gospel Community.

## CONTACT US:

**Jobey McGinty // Pastor, Preaching & Vision**  
jobey@lifemission.tv

**Eric Price // Pastor, Community & Discipleship**  
eric@lifemission.tv

**Matt Piro // Worship Leader**  
matt@lifemission.tv

**Katie McGinty // Kids on Mission**  
katie@lifemission.tv

**Casey Barnes // Student Ministries**  
casey@lifemission.tv

**Kim Roberson // Administration**  
kim@lifemission.tv

**Rachel Jobin // Connection Team**  
rachel@lifemission.tv

### Life Mission Church

Call or Text: 760-975-4525  
PO Box 908, San Marcos, CA 92079

[www.LifeMissionChurch.com](http://www.LifeMissionChurch.com)

[Facebook.com/LifeMissionChurch](https://Facebook.com/LifeMissionChurch)

Twitter: @YourLifeMission

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## COMMUNITY GROUP HOMEWORK

Before your group starts, is there anyone who can share the Memory Verse?

1. Read **Psalms 77**. What stuck out to you from these set of verses or what did you take out of the sermon on Sunday? \_\_\_\_\_

2. What is most shocking about some of the language that Asaph uses here? \_\_\_\_\_

3. Read **verses 19 and 20** again. Here Asaph recalled the story of the Israelites escaping the Egyptian army. Think about your own life, something in the past or current, and how this story can relate to you. What did (or do) you *want* to have happen in a certain circumstance, and how did it *actually* happen? How do you now look back and see footsteps that were previously unseen? \_\_\_\_\_

4. In this time, Asaph was nearly inconsolable. He fainted upon meditation and groaned upon the thought of God. Yet in God's goodness, He brought to Asaph's mind this story that he previously had known. What other stories in the bible have helped you find comfort in certain circumstances in life? \_\_\_\_\_

5. Read **2 Corinthians 1.3-11**. How do the themes in Paul's writing here relate to what we see about some of the language used in the Psalms? \_\_\_\_\_

6. Much of Asaph's and the other psalmist's tendency to turn their psalms of complaint and despair into psalms of hope, rest in them doing diligent work *before* times of sorrow. How have you seen your time in the Word, even now particularly in the Psalms, as a way that has been helping you prepare for the days that "the waters" try to overtake you? \_\_\_\_\_

7. When is the last time you prayed honest, ugly, unfiltered prayer? Did it turn to reminders of God's goodness like **Psalms 77**? Or did it stay a prayer of pain like **Psalms 88**? Where are you at with that prayer now? \_\_\_\_\_

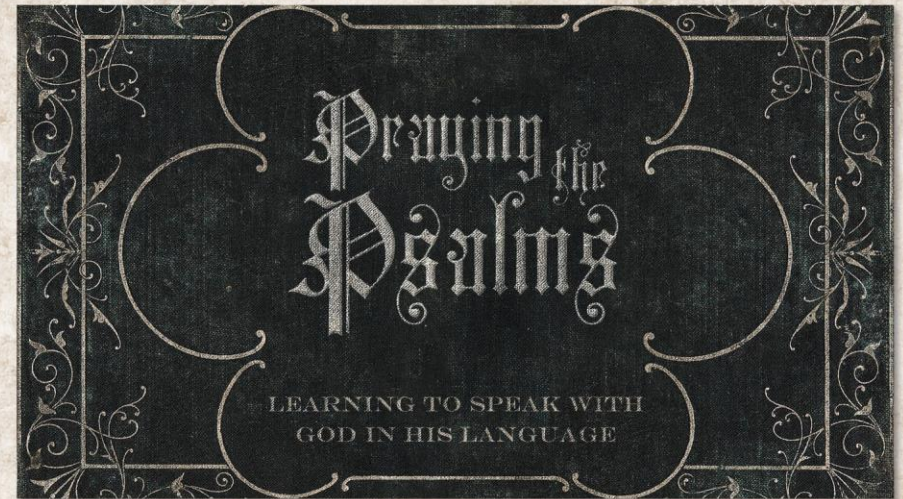
Spend time as a group praying in the **P.R.A.Y.** model, which is modeled after the Lord's Prayer. Share with the group situations in your life that you need to be able to have honest and real prayer for.



**LIFE MISSION**  
CHURCH

**Pastor Jobey McGinty**  
jobey@lifemission.tv

**Making Disciples Who Make Disciples Locally and Globally,  
Who are Saved, Equipped, and Sent by the Gospel.**



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Psalms 77 // March 5, 2017

**SUNDAYS AT 10AM**

Life Mission Church Meets at Classical Academy High School  
207 E Pennsylvania Ave, Escondido 92025

