

Songs in the Night





Psalm 77

¹ I cried out to God for help; I cried out to God to hear me.

² When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted.

³ I remembered you, God, and I
groaned; I meditated, and my spirit
grew faint.

⁴ You kept my eyes from closing; I
was too troubled to speak.

⁵ I thought about the former days, the
years of long ago;

⁶ I remembered my songs in the night.
My heart meditated and my spirit
asked:

⁷ “Will the Lord reject forever? Will he never show his favor again?

⁸ Has his unfailing love vanished forever? Has his promise failed for all time?

⁹ Has God forgotten to be merciful?
Has he in anger withheld his
compassion?"

¹⁰ Then I thought, "To this I will
appeal: the years when the Most High
stretched out his right hand.

¹¹ I will remember the deeds of
the LORD; yes, I will remember your
miracles of long ago.

¹² I will consider all your works and
meditate on all your mighty deeds.”

¹³ Your ways, God, are holy. What god is as great as our God?

¹⁴ You are the God who performs miracles; you display your power among the peoples.

15 With your mighty arm you redeemed your people, the descendants of Jacob and Joseph.

16 The waters saw you, God, the waters saw you and writhed; the very depths were convulsed.

17 The clouds poured down water, the heavens resounded with thunder; your arrows flashed back and forth.

18 Your thunder was heard in the whirlwind, your lightning lit up the world; the earth trembled and quaked.

¹⁹ Your path led through the sea, your way through the mighty waters, though your footprints were not seen.

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

Permission (v. 1)

Pain (vv. 2-10)

Pivot (v. 11b)

Promise (vv. 13-20)

Permission

¹ I will cry out to God and call for help. I will cry out to God and He will pay attention to me.

Permission

Embrace your humanity.

Permission

Embrace your humanity.

Pour out your pain.

Pain

² When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted.

Pain

³ I remembered you, God, and I groaned; I meditated, and my spirit grew faint.

⁴ You kept my eyes from closing; I was too troubled to speak.

Pain

⁵ I thought about the former days, the
years of long ago;

⁶ I remembered my songs in the night.
My heart meditated and my spirit
asked:

Pain

⁸ Has his unfailing love vanished forever? Has his promise failed for all time? ⁹ Has God forgotten to be merciful? Has he in anger withheld his compassion?"

And He passed in front of Moses,
proclaiming, “The LORD, the LORD, the
compassionate and merciful God,
slow to anger, abounding in unfailing
love and faithfulness.

Exodus 34:6

Pain

⁸ Has his unfailing love vanished forever? Has his promise failed for all time? ⁹ Has God forgotten to be merciful? Has he in anger withheld his compassion?"

Pain

¹⁰ Then I said, “I am sickened by the thought that the right hand of the Most High has changed.”

Pivot

¹¹ I will remember the deeds of the LORD; *yes, I will remember **your** miracles of long ago.*

¹² I will consider all **your** works and meditate on all **your** mighty deeds.”

Promise

¹³ **Your** ways, God, are holy. What god is as great as our God?

¹⁴ **You** are the God who performs miracles; **you** display **your** power among the peoples.

Promise

¹⁵ With **your** mighty arm **you** redeemed **your** people, the descendants of Jacob and Joseph.

¹⁶ The waters saw **you**, God, the waters saw **you** and writhed; the very depths were convulsed.

Promise

¹⁹ Your path led *through* the sea, your way through the mighty waters, though your footprints were not seen.

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



Permission

Embrace your humanity.

Pour out your pain.

Pain

**God often leads us through pain,
not around it.**

Pivot

Turn away from yourself to God.

Promise

**God shepherds us, even when we
cannot discern His presence.**



You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

Psalms 56:8

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