

Next Steps: Perhaps you are struggling right now. Perhaps you feel like Asaph and you can't sleep because the burden is too deep and your doubts are too big. If you desire to break out of this "dark night of the soul" a good place to start is to read Psalm 77 and spend some time remembering.

Identify your difficulty or difficulties:

Be honest with your doubts:

Read Exodus 13:17 – Exodus 15. How does the story of the exodus of Israel relate to Psalm 77?

Read Psalm 89. Describe the different ways God has shown himself to be faithful.

Remember the times God has been faithful to deliver you in the past. Write down words or phrases that give God's faithfulness your own personal depth and feeling. How does God's faithfulness in the past give you hope for the future?

Take those words and organize them into a personal song or poem. Share those words with a trusted friend. Keep these words as a helpful reminder to you that God has been faithful in the past... so you can count on Him to be faithful in the future.

Next Week: We have the privilege of remembering God's faithfulness and Jesus' sacrifice as we celebrate at the Communion Table. Jesus said, "Do this in remembrance of me." Please join us in this wonderful service of remembrance. It will be good for your soul as we remember as a community!