



## **Psalm 77- "Don't Follow Your Heart"**

May 29th, 2016

### **OBSERVE & REFLECT**

*(This section is designed to encourage us to reflect on and observe the scripture and weekend sermon.)*

#### **READ Psalm 77**

- ☀ Read the text at least twice. Try reading the text from two different translations.
- ☀ What do you observe in the text? What jumps out at you and grabs your attention? What questions do you have from the text? Pay attention to any action words or phrases and observe what the implications are.

### **INVESTIGATE & APPLY**

*(This section focuses on what the scripture has to say as we dig deeper into the Word. It is oriented to create discussion on the Scripture.)*

1. In the day of trouble, what did the author do first (v.1-2)? What is the first thing you do in your "day of trouble"?
2. Read verses 2b-4. The author is extremely emotional here. What is the danger of letting your emotions lead you? Why is it bad advice to "follow your heart"? Read Jeremiah 17:9. What does it say about your heart?
3. In verses 7-9, the author asks a series of questions. Why does he ask these questions? Does he not know the answers to those questions?
4. In verse 11, the author decides to "remember the deeds of the LORD." He spends time recalling specific things that God had done in the past. Why do you think he does this? Do you ever take time to recall what God has done in your life in the past? What does that do for you? How does it help in times of trouble?

*"The Psalms provide the language, the aspirations, the energy for the community as it comes together in prayer."*

**-Eugene Peterson**

### **NEXT STEPS**

- ☀ When trouble comes in life, where is the first place you run? This psalm suggests that running to God and seeking Him first is the best thing we can do. If you do not run to Him, what is keeping you from doing so?
- ☀ Verse 1 says that the author had full confidence that God would hear his cries. Do you have complete confidence that God hears? Why or why not? What gives you doubt that He hears you?
- ☀ In verses 7-9, the author states a list of lies he has been believing. Every sin in our life is based in a lie that we are believing over the truth. If you made a list of the lies that you believe on a regular basis, what would be on it? Are you able to recognize truth from the lies? Remember, the better you know the truth (found in Jesus and His word), the easier it becomes to recognize the lies.
- ☀ The turning point for the author in his time of trouble is spending time reflecting on the truth by recalling specific things that God had done in the past. Spend some time recalling things you have seen or heard God do in the past. Write out a list of these "mighty deeds" and "wonders" that God has done. What does that list tell you about God? What does that do for your heart?