



Biblical Counselling UK

**Residential Conference 2015**

## **Psalm 77**

### **Introduction**

**1. An experience of intense spiritual pain (vv 1-6)**

*I remembered you, God, and I groaned (v3)*

**2. A crisis of confidence in God's ultimate goodness (vv 7-9)**

*Has his unfailing love vanished for ever? (v8)*

**3. A decision to remember (vv 10-12)**

*I will remember the deeds of the Lord (v 11)*

**4. God's sovereign power to save (vv13-19)**

*With your mighty arm you redeemed your people (v25)*

**5. God's gracious leading of his people (v 20)**

*You led your people like a flock (v20)*

## **Three reflections for counselling from the psalm**

**1. Helping a person to speak their pain**

**2. Turning a person's gaze to God**

**3. Living humbly before the God of glory**