

Day 1 — Instruction

Remembering the Faithful God

Read:

Scripture (BSB): Psalm 77

In the Day of Trouble I Sought the LORD

For the choirmaster. According to Jeduthun. A Psalm of Asaph.

- 1 I cried out to God; I cried aloud to God to hear me.
- 2 In the day of trouble I sought the Lord; through the night my outstretched hands did not grow weary; my soul refused to be comforted.
- 3 I remembered You, O God, and I groaned; I mused and my spirit grew faint. Selah
- 4 You have kept my eyes from closing; I am too troubled to speak.
- 5 I considered the days of old, the years long in the past.
- 6 At night I remembered my song; in my heart I mused, and my spirit pondered:
- 7 “Will the Lord spurn us forever and never show His favor again?
- 8 Is His loving devotion gone forever? Has His promise failed for all time?
- 9 Has God forgotten to be gracious? Has His anger shut off His compassion?” Selah
- 10 So I said, “I am grieved that the right hand of the Most High has changed.”
- 11 I will remember the works of the LORD; yes, I will remember Your wonders of old.
- 12 I will reflect on all You have done and ponder Your mighty deeds.
- 13 Your way, O God, is holy. What god is so great as our God?
- 14 You are the God who works wonders; You display Your strength among the peoples.
- 15 With power You redeemed Your people, the sons of Jacob and Joseph. Selah
- 16 The waters saw You, O God; the waters saw You and swirled; even the depths were shaken.
- 17 The clouds poured down water; the skies resounded with thunder; Your arrows flashed back and forth.
- 18 Your thunder resounded in the whirlwind; the lightning lit up the world; the earth trembled and quaked.

19 Your path led through the sea, Your way through the mighty waters, but Your footprints were not to be found.

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

Prolonged silence has a way of shrinking our vision. When answers don't come, our focus narrows to what feels missing. Psalm 77 begins in that place. The psalmist is overwhelmed by the present and exhausted by waiting.

Yet Scripture shows us that faith does not begin by demanding new answers, but by remembering old truths.

1. Remembering Is a Discipline

The psalmist chooses to remember. This is not accidental. Remembering requires intention when emotions pull us toward despair.

Faith grows when memory is practiced.

2. Remembering Anchors Trust

God's past faithfulness becomes an anchor when present clarity is missing. Remembering reminds us that silence has never meant abandonment.

3. Remembering Reorients Perspective

As the psalmist remembers, his focus shifts from fear to confidence. Circumstances do not change, but his stability does.

Reflect

- What has God already shown Himself faithful in?
- How does remembering change how you experience waiting?

Pray

"God, help me remember Your faithfulness."

Respond

How might practicing remembrance reshape your trust today?

