

TEXT: Psalm 77:1-15

Meaning: Asaph recaptured his song in difficulty

Big Idea: How do you recapture your song in the night?

Objective: I want the hearers to recapture their song

Theme:

SONGS IN THE NIGHT

READ PSALM 77:1-15

Milli Vanilli was a German-French [R&B](#) duo from [Munich](#). The group was founded by [Frank Farian](#) in 1988 and consisted of [Fab Morvan](#) and [Rob Pilatus](#). Their debut album, *All or Nothing* in Europe, reconfigured as *Girl You Know It's True* in the United States, achieved international success and brought them a [Grammy Award for Best New Artist](#) on 21 February 1990.^[2]

They became one of the most popular pop acts in the late 1980s and early 1990s, with millions of records sold. However, their success turned to infamy when it was discovered that Morvan and Pilatus did not sing any of the vocals on their music releases. Milli Vanilli is still the only pop band to ever have to return a Grammy award.

As I read Psalm 77 this week where Asaph talks about remembering his song in the night, it got my to thinking about Milli Vanilli. They were singing songs, even dancing around the stage, BUT IT WAS NOT THEIR MUSIC.

There are many who profess the name of Christ who are doing the same thing. They are singing the songs, but it's someone else's music. It's not their song. It is fake. Some sing about Jesus but have never actually surrendered to Christ as Lord. Others know Jesus, but are at a place in their lives where they have lost

their song. For one reason or another they have lost their passion for worshipping and serving God.

Today – HAVE YOU LOST YOUR SONG?

Satan can't steal your salvation but he can steal your service and your song.

HAVE YOU LOST THE JOY OF YOUR SALVATION?

ARE YOU FINDING MOMENTARY PLEASURE IN THINGS THAT WON'T LAST?

Faced with some terrible calamity, the psalmist resolved to cry aloud in prayer unto God. He was certain that the Lord would hear him. He sought God day and night...He could not, however, find any consolation in prayer. In the agony of sorrow the psalmist was sleepless and speechless; it was God who withheld sleep from his eyes. He was perplexed and agitated by the mystery of the present rejection and humiliation of both he and the people of God. He was in a dark and depressed place, moaning, refusing to be comforted, and so troubled that he couldn't even speak.

BUT THEN, he says he remembered his song in the night! He began to ponder the glorious record of God's mercies to his people in the days of old and of God's gracious nature and extravagant love toward His children and everything began to turn around in his life.¹

¹ James E. Smith, [The Wisdom Literature and Psalms](#), Old Testament Survey Series (Joplin, MO: College Press Pub. Co., 1996), 339.

I'm no counselor, psychologist, or psychiatrist. Total mental and emotional health encompasses all these arenas. My calling is to address the spiritual side of life. So, I don't speak today from a place of expertise; rather, I come from a place of experience. The neat thing about Scripture is those who penned out these words also wrote from their experience. Scripture is historical record of God's work in people's experiences of life. The book of Psalms is choc full of people experiencing incredible darkness and how God rescued them from that darkness.

READ THE BIBLE MORE LIKE A NOVEL THAN A MANUAL AND YOUR OUTLOOK WILL GREATLY BEGIN TO CHANGE. If you read the Bible and always leave it feeling like you don't measure up you have a misunderstanding of the gospel. We do not measure up to God's standard – BUT CHRIST DID AND STILL DOES!

EVERYONE FACES DARKNESS

V. 19 – Asaph writes “Your way was through the sea, your path through the great waters; yet your footprints were unseen.”

The way of God is **THROUGH THE SEA**. God's way is through difficulty. We all face it. We all face anxiety. We all face discouragement and sometimes even depression. We all face trial and temptation.

The good news is that God knows that we are but dust. He understands that we are weak and frail. God does not chastise us for struggling. He chastises us for turning to worldly or temporal solutions first in our struggle.

GOD IS BIG ENOUGH TO HANDLE YOUR STRUGGLE. HE WANTS YOU TO BRING YOUR DOUBTS, FEARS, QUESTIONS, AND EMOTIONS.

The Bible, and especially the book of Psalms, warns us to pay attention to our mental and emotional state. We all **FACE DARKNESS**, but we don't have to **STAY IN DARKNESS**.

Jesus is the **LIGHT**. He tells us to **WALK IN THE LIGHT**. So, I have to bring it to **LIGHT**. This is why good Christian counseling is so important for folks dealing with darkness. This is why confession to other brothers or sisters in Christ that you know are in it **WITH YOU** and **FOR YOU** is also very important.

THE CHURCH HAS TO BECOME A SAFE PLACE FOR THE BROKEN. IT HAS TO BECOME A SAFE PLACE FOR THOSE WITH REAL MENTAL AND EMOTIONAL HEALTH STRUGGLES.

The first step is simply for us to **ADMIT WE ARE FACE DARKNESS TOGETHER**. Keep in mind the **MINISTRY OF CHRIST**. Jesus said he came to **BIND UP THE BROKENHEARTED**, and to **SAVE THOSE CRUSHED IN SPIRIT**, and to preach **FREEDOM TO CAPTIVES**.

CHRIST TOOK OUR DARKNESS ON THE CROSS. He died and rose again so that death would not be the end for those of us who trust in Him.

Colossians 1:13

He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son

ADDRESS THE LIES IN YOUR LIFE (V.6-9)

The worst lies are the lies we tell ourselves. They are those lies of the devil that we allow to stay in our mind that are in opposition to the truth of God's Word. What goes into our mind is **SO VITAL?**

John 8:44

He (Satan) was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies.

There is a premeditated and strategic attack in our world on THE TRUTH, and that attack is by THE DEVIL HIMSELF. He takes the truth and spins it to fit his destructive and sinful narrative. He takes truth and alters it to fit man's fleshly immoral desires. Scripture says the devil BLINDS THE MINDS of unbelievers so that they cannot see what is true, and He is actively at work in the world trying to destroy the lives of children of God. He is like a roaring lion seeking whom he may devour. It is imperative that we stop and take an inventory of our thoughts and ask "does this line up with Scripture?" As 2 Corinthians 10 tells us to "take every thought captive to the obedience of Christ."

Lie 1 – My situation is HOPELESS

Sweet saint of the Lord – favorite statement in the Bible – and it came to pass! First of all the Bible tells us that this life is short, like a vapor in fact. Secondly, our Lord Jesus is a delivering and rescuing God. In His perfect time He always rescues and delivers His Children. Whatever you are walking through right now it will not last forever. He is the GOD OF HOPE!

Lie 2 – God's promises aren't REAL

God's Word is not antiquated, archaic, or out of touch. God's Word was not simply given for a different people in a different day and time. His Word is timeless, and there is nothing new under the sun. Everything we face today mankind has face throughout the history of the world.

God promises to: PROVIDE FOR US
PROTECT US
BLESS US

Lie 3 – God is UNKIND

In the Garden of Eden when Satan tempted Adam and Eve to eat the forbidden fruit, he challenged God's Word by asking, "Did God really say you shouldn't eat of the fruit?" Then he questioned God's character by saying, "You won't die! God just doesn't want you to be like Him!"

One of the Devil's leading tactics in your life and mine is to get us to think critically and skeptically about God.

ATTEND TO THOUGHTS OF GOD'S GOODNESS (v.11-15)

What is so interesting in this Psalm is that Asaph says he didn't find comfort and solace in prayer; rather, He found it in REFLECTION!

Prayer is much less about what I have to say than it is about what God has to say! Also, one important part of our prayer life and relationship with Jesus is learning to REFLECT ON GOD'S GOODNESS! When you are in the pit of darkness, remember the light! Remember the good times! Remember what God has done for you in the past, and recall what He has done for His people throughout history!

AGAIN – THAT'S WHAT THE BIBLE IS – IT IS THE HISTORY OF GOD'S WORK IN PEOPLE'S EXPERIENCE.

Reflect on God's FAITHFULNESS

The God our Israel's past is the God of our present! Additionally He is the God of our future! He is immutable, the same yesterday, today, and forever! He is faithful! Asaph recalls God's deliverance of His people from Egypt. For 400 years they had been in bondage, and they cried out to the Lord and God raised up a deliverer, and brought them out of slavery by miraculous and powerful means. When they came to the Red Sea and Pharaoh's army was pressing in – God made a way through the sea – When they had no food or water in the wilderness God provided water from a rock and manna from the sky for their sustenance. Even in their grumbling and complaining in

the wilderness God supernaturally provided for His people there! The same God who delivered and provided for the Hebrews is the same God we serve today! He is faithful even when we are not.

FOREVER REIGN

You are good, You are good When there's nothing good in me
You are love, You are love On display for all to see
You are light, You are light When the darkness closes in
You are hope, You are hope You have covered all my sin

You are peace, You are peace When my fear is crippling
You are true, You are true Even in my wandering
You are joy, You are joy You're the reason that I sing
You are life, You are life In You, death has lost its sting

Oh, I'm running to Your arms, I'm running to Your arms
The riches of Your love, Will always be enough
Nothing compares to Your embrace
Light of the world forever reign

My heart will sing no other name, Jesus, Jesus

In a dark place today? REFLECT ON GOD'S FAITHFULNESS!

Reflect on God's SALVATION

Asaph writes, "you with your arm redeemed your people." Again, he's talking about God's redemption of Israel from Egyptian slavery. What God did there, however, is a beautiful picture of the redemption that was won for us in Christ! We too were in bondage, slaves to our own sin, but God raised up a deliverer named Jesus who shed His blood on Calvary's cross, parted the waters of God's judgment and wrath, and brought us through safely to the other side!

Our God is a redeeming God! And if He sent His own Son to die for us – doesn't that mean He will give us the simple daily things we need?!

If you're in a dark place today REFLECT ON THE GOSPEL! REFLECT ON GOD'S SALVATION OF YOU IN CHRIST!

Reflect with God's PEOPLE

Asaph speaks here of God's redemption of all of the Children of Jacob and Joseph. He recalls how God saved A PEOPLE, A NATION, ALL BORN FROM ONE FAMILY! So too, when we trust in Christ we become a part of a FAMILY! IN CHRIST YOU BELONG! The Family all fought in the promised land together. They fought for one another and with one another against a common enemy.

CHURCH – WE ARE FAMILY! WE SHOULD FIGHT FOR ONE ANOTHER, NOT AGAINST ONE ANOTHER!

Isolation is the wood that keeps the fire of depression and anxiety burning. Don't let the Devil tell you that you're unwanted or unaccepted or unwelcome. The best vantage point for what is really going on in my life always comes from an outside perspective. T