

# Psalm 74

Author: Asaph

Asaph, the choir director, passionately expresses his feelings to the Lord using many question marks and exclamation points. He laments, “Why? How long? Destroy them!” Through his rants and raves, something happens. The questions he asks and exclamations he shouts bring his thoughts to a new place - a place of remembering.

Friends, we can trust God with our feelings, questions, and temper tantrums. He can handle all the emotions His daughters can muster up - and boy, do we have some emotions.

Asaph teaches that emotionally purging our deepest hurts and concerns is good for our spiritual health. Doing so brings us to the end of ourselves straight into the very capable arms of God. His example is one we should write down and tuck away for the day we will need it.

## **Get alone with God: Rewind Your Mind to Great Acts of God throughout History**

Look up the following scriptures to rediscover some of God’s great acts. Write the great act in the space below the reference.

Genesis 1:1

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Genesis 2:22

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Joshua 3:15:17

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Daniel 6:19:22

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Luke 2:6

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Which act of God listed above most amazes you and why?

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Get alone with God:

## Rewind Your Mind to Replay what God has Done for You

Hymn night was a huge hit at my childhood church. One Sunday evening each quarter, we would all gather in the main sanctuary to sing. The choir director would point to a section and the people would bellow out the number of their favorite hymn. Inevitably someone from the crowd would shout, “644.” The accompanist would begin to play and the congregation would sing:

*“When upon life’s billows you are tempest tossed. When you are discouraged, thinking all is lost. Count your many blessings, name them one by one. And it will surprise you what the Lord hath done. Count your blessings, name them one by one. Count your blessings, see what God hath done.”*

Rewinding the blessings and counting them one-by-one can bring on a personal revival. Our chorus will also confuse the enemy. Our praise pulls us from the pit and enables us to break his stronghold of despair.

**Read 2 Chronicles 20:1.** Briefly describe the situation.

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**Read 2 Chronicles 20:5-9.** How does the king respond to the situation?

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**Read 2 Chronicles 20:22.** What is the Lord’s response?

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**Get alone with God:**

**Rewind Your Favorite Worship and Praise Songs**

Dust off a hymnal, dig the worship CDs out of the drawer, dial-up your local Christian music station, or discover new tunes on YouTube. Whatever it takes, praise God today. Let the power of rewinding transform your thinking. Asaph says, “But God is my King from long ago; He brings salvation on the earth.”

**Read Psalms 150:1-6**

Get with God. Sit with God. Don’t leave until you feel relieved. Who needs music? Read these verses aloud several times and watch what happens to your disposition. If nothing happens, check your pulse.