



Psalm 77: Benefits of Biblical Meditation for your Soul

*Gathering all generations
to pray for all nations
ASKing God to do what only He can do
and doing whatever He ASKs of us.*

*Seeking God's alignment
for your Soul and Spirit*

If you have not already worked through the Basic Lessons, also found under Teaching Resources, it is recommended you do so, in order to get the most out of this and the other teaching lessons.

Psalm 77: Meditation in the Word brings spiritual growth with stability for your soul.

A principle in the Psalms is that no matter how desperate the situation, how devastating it seems, eventually the Psalmist turns himself to praise the One Who can strengthen him to retain his own mental and emotional stability (soul: mind, emotion and will).

This pattern of praising God in difficult situations needs to be established in your own life. Negative thoughts and emotions breed more negativity and darkness, spiritual dullness.

Praise often changes the situation, but it should always change you. Part of the meaning of the Halal, the high praise that exalts God, is to shine as light that dispels darkness. (Lucifer's name is rooted in halal in the sense of brightness which is why he deceives as a counterfeit of light, 2 Corinthians 11:4).

In Isaiah 61:3 "feeding on ashes" is negative meditation on past failures, disappointments, disasters. This leads to a spirit of heaviness, causing a feebleness.

"The garment of praise", vocal praise drives out this spirit of heaviness.

Psalm 77:1 "I cried out to God with my voice, even unto God with my voice; and He gave ear to me." God hears you. Matthew 7:7, Ask. Seek. Knock and find what you need.

v2 "In the day of my trouble I sought the Lord: My hand was stretched out in the night without ceasing; My soul (mind, emotions, will) refused to be comforted." In this verse **comforted** can mean to ease one's self through repentance. This is the conflict, the soul would rather continue to vent than repent.

v3 "I remembered God and was troubled;" (God, Why is this happening?) I complained and my spirit was overwhelmed. (Complained is the same word for meditation as in Psalm 1. This negative meditation covers a wide range, to murmur in anger, to ponder, think about, to talk to yourself, silently or aloud. None of it is good.

We meditate more than we realize, in both positive and negative ways.

v3 repeat, “I complained and my spirit was overwhelmed.” With the soul’s cooperation, the spirit becomes depressed. To be **overwhelmed** conveys the idea of wearing a shroud, to be clothed in darkness and death.

“Selah” Think about it. Selah is a musical pause but it can be used as a meditation cue to stop and consider how Scripture applies to yourself.

v4 “You hold my eyelids open; I am so troubled I cannot speak.” (sleep affected)

v5 “I have considered the days of old, the years of ancient times. Now he is beginning to think, talk about former years when things were good.

Replace negativism with the positive.

v6 I call to remembrance my song in the night; (This is a choice and not easy to do.) **I meditate** (talk to yourself, aloud, commune) **within my heart, and my spirit makes diligent search.”**

Now he asks himself a series of rhetorical questions based on God’s character:

v7 “Will the Lord cast off forever? And will He be favorable no more?”

v8 “Has His mercy ceased forever? Has His promise failed forevermore?”

v9 “Has He forgotten to be gracious? Has He in anger shut up His tender mercies?” Selah.

The Psalmist understands the situation and deliberately begins to turn from negative meditation to positive meditation.

v10 “And I said, ‘This is my anguish.’ Anguish here means infirmity, to be weak, cause to grieve, to make sick. These can all be connected. Prolonged negativity can affect your health and well being.

“But I will remember the years of the right hand of the Most High.” He starts to exercise his will and control his soul. To personally apply this, you choose to remember, to call to mind the good years and God’s goodness.

v11 “I will remember (call to mind) **the works of the LORD; Surely I will remember Your wonders** (miracles, marvelous things) **of old.”**

v12 “I will also meditate on all Your work, and (I will) talk (another meditate word, to talk to yourself) **of Your deeds.”** Same as Psalm 1, **meditate**, now to murmur in pleasure, to ponder, imagine, meditate.

v13 “Your way, O God, is in the sanctuary; Who is so great a God as our God?” Now he begins to add praise.

v14 “You are the God Who does wonders; (miracles) **You have declared Your strength among the people.”**

v15 “You have with Your arm redeemed Your people, the sons of Jacob and Joseph.” Selah.

The Psalm concludes with praise and shows how to establish a steadiness in your soul through pondering and remembering the ways of God with positive meditation in the Word. God’s Word transforms your soul.

Application: Receive from the Word, choose to make praise a lifestyle. Pray out what you receive, it will touch others in need in the Body of Christ around the world.