



TALKING WITH GOD

USING THE PSALMS FOR PRAYER

Focused Prayer in the Midst of the Storm

Psalm 77



HOW TO TALK TO GOD

Focused Prayer in the Midst of the Storm

Psalm 77

Background: Asaph – Important worship leader under David & Solomon. His ministry focused around the Ark of the Covenant.



HOW TO TALK TO GOD

5 Important Principles for Focused Prayer During Life's Storms

Principle #1: Focus on the Truth (v. 1)

- Prayer is Asaph's natural reaction to his situation.
- Asaph has complete faith that God hears him.

Psalms 55:22 *Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.*



5 Important Principles for Focused Prayer During Life's Storms

Principle #2: Focus on the Reality of my Situation (vv. 2-4)

v. 2 In the “day of the trouble” Asaph determines to keep focused on God

v. 3-4 He is so upset, he can't sleep and can't even talk.



Hebrews 13:5-6 *For he has said, “I will never leave you nor forsake you.” So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”*



HOW TO TALK TO GOD

5 Important Principles for Focused Prayer During Life's Storms

Principle #3: Focus on the Right Questions (vv. 5-9)

- 1.) Focus on what you know about God from the past.
- 2.) Focus on what God's Word tells us about Him.



*Oh how I love your law! It is my meditation all the day.
Your commandment makes me wiser than my enemies,
for it is ever with me.
I have more understanding than all my teachers,
for your testimonies are my meditation.
I understand more than the aged, for I keep your
precepts.
I hold back my feet from every evil way, in order to keep
your word.*



HOW TO TALK TO GOD

I do not turn aside from your rules, for you have taught me.

How sweet are your words to my taste, sweeter than honey to my mouth!

(Psalm 119:97-103)



HOW TO TALK TO GOD

5 Important Principles for Focused Prayer During Life's Storms

- **Principle #3**: Focus on the Right Questions (vv. 5-9)
 - 1.) Focus on what you know about God from the past.
 - 2.) Focus on what God's Word tells us about Him.
 - 3.) Remember God's blessings.
 - 4.) Ask good questions.



These are the questions he asks himself:

- Will God forget me forever?
- Has God stopped loving me?
- Has God stopped keeping His promises?
- Has God forgotten how to be gracious?
- Has God stopped being compassionate?

The answer to each of these questions is a resounding **NO.**



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5 Important Principles for Focused Prayer During Life's Storms

Principle #4: Focus on God's Past Faithfulness (vv. 10-15)

- Asaph remembers the many times that God worked miracles for the children of Israel.
- Hebrews 11 - Looking at how God has been faithful to His people in the past can encourage us.



Romans 8:28 *And we know that for those who love God all things work together for good for those who are called according to his purpose.*



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5 Important Principles for Focused Prayer During Life's Storms

Principle #5: Focus on God's Power (vv. 16-20)

Asaph concludes this Psalm by focusing on God's power.



5 Important Principles for Focused Prayer During Life's Storms

- **Principle #1: Focus on the Truth**
- **Principle #2: Focus on the Reality of my Situation**
- **Principle #3: Focus on the Right Questions**
- **Principle #4: Focus on God's Past Faithfulness**
- **Principle #5: Focus on God's Power**



Application

- How can I use these principles in my prayer life this week?

