

Study Guide Outline “Stress Fractures”

Psalm 77

Franklinton Baptist Church 03/11/2026 rchildress

1. What Is a Spiritual Stress Fracture?

A stress fracture is a small, deceptive break caused by repeated pressure.

Spiritually, it is a deep inner wound that shows up as a surface problem.

Surface symptoms: anger, overcommitting, busyness, broken relationships.

The real issue is deeper than the behavior.

2. The Hidden Layer: Disappointment with God

Many people carry a quiet, unspoken disappointment with God.

The Psalms give us language for what we are afraid to say.

Psalm 77 shows a believer wrestling honestly with God’s silence.

3. The Psalmist’s Experience (Psalm 77:1–9)

Crying out: “God, hear me!”

No comfort: “I prayed... nothing flowed.”

No connection: Old songs, old practices no longer “work.”

Hard questions:

“Has God rejected me?”

“Has His love stopped?”

“Has He forgotten to be gracious?”

These are the questions of a spiritual stress fracture.

4. The Turning Point (Psalm 77:10-15)

“To this I will appeal...”

The psalmist shifts from his feelings to God's actions.

He remembers God's past faithfulness, miracles, and mighty deeds.

Perspective changes when we look at who God has been.

5. Seeing God with New Eyes (Psalm 77:16–20)

The Red Sea story retold: God was working even when unseen.

"Your footprints were not seen"—yet God walked through first.

God led His people then; God leads us now.

Faith grows when we remember God's faithfulness.

6. Why God Doesn't Just "Fix It"

Our prayers: "God, fix it... and fix it now."

God's deeper answer: "I want to fix you."

Surface solutions won't heal a spiritual stress fracture.

God works on the deeper break between us and Him.

7. A New Focus

First half of the psalm: 22 references to I, me, my.

Second half: 24 references to the Lord.

Healing begins when our focus shifts from self to God.