



SPIRITUAL DEPRESSION

(PART 1)

Psalm 77: 1-10

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- ¹ I cry out to God; yes, I shout.
Oh, that God would listen to me!
- ² When I was in deep trouble,
I searched for the Lord.
All night long I prayed, with hands lifted toward heaven,
but my soul was not comforted.
- ³ I think of God, and I moan,
overwhelmed with longing for his help. Interlude
- ⁴ You don't let me sleep.
I am too distressed even to pray!
- ⁵ I think of the good old days,
long since ended,
- ⁶ when my nights were filled with joyful songs.
I search my soul and ponder the difference now.
- ⁷ Has the Lord rejected me forever?
Will he never again be kind to me?
- ⁸ Is his unfailing love gone forever?
Have his promises permanently failed?
- ⁹ Has God forgotten to be gracious?
Has he slammed the door on his compassion? Interlude
- ¹⁰ And I said, "This is my fate;
the Most High has turned his hand against me."

