December 28, 2025 | A Heart in Distress | Psalm 77
Caleb Driggers, Student Pastor

SERMON NOTES

Main Passage Psalm 77

4 Movements of A Heart in Distress

1. Life has moments that reveal our limits.

- Lament does not weaken our faith. It exposes our need for God.

2. When God feels silent, questions surface.

- Asking hard questions does not mean your faith is failing. It means your faith is reaching.

3. Faith chooses what we will remember.

- What we remember shapes how we trust God in the present.

4. God is still at work, even when we can ’ t see it.

- God ’ s sovereignty is not limited by our understanding

GOING DEEPER

Take a moment to pray. Confess your need for the Holy Spirit ' s help in illuminating God ' s Word to you.

Read Psalm 77 and then walk through a few of the questions below. Be encouraged that the goal is not to cover every single question, but to go deeper with God.

- When have you felt distant from God, like Asaph, and what did you do in that season?

- How comfortable are you expressing your pain or doubts to God? Why or why not?

- What questions or doubts do you wrestle with about God or faith?

- How do you handle times when God seems silent?

- What would help you choose to remember God ' s Sovreignty when he feels far away in challenging life moments?

- Asaph refrences Moses and the Red Sea in remembering God ' s Sovreignty. What spiritual " memories " (prayer answered, guidance given, lessons learned) encourage you when life feels overwhelming?

- Jesus is our new exodus. He brings life where there is now hope. How does he do that for you? In the New year how can you keep your eyes on that in the hard moments you face?

UPCOMING

Men ' s Winter Retreat @ Hidden Acres | Jan 14-16 | ehope.org/events
Hope Wednesdays | January 7 | 6-7:30 | ehope.org/events
Catholics and Protestants | Jan 25 10:30am or Jan 26 7pm | ehope.org/events