

REMEMBER!

Psalm 77:10, "And I said, This is my infirmity: but I will remember the years of the right hand of the most High."

Reading: Psalm 77

Asad comment upon the quality of modern life is the multiplication of individuals suffering from depression. Such soul-sickness should come as no surprise in an age when so many people have no thought for God. Yet Psalm 77 is the record of a believer whose soul is in great distress, despairing even of hope.

"My soul refused to be comforted," much as a sick person often refuses to eat and receive that nourishment which will lead to his strengthening. Jesus says, "Come unto me, all ye that labour and are heavy laden, and I will give you rest." Why do so many people refuse this gracious invitation? Perhaps they are angry, believing the Just One has treated them unfairly. Perhaps they despair, thinking that the everlasting Father has turned His back on them. Or perhaps they sorrow, believing that the God whose mercy endures forever no longer cares and will not forgive. "My spirit was overwhelmed" even as a flood of many waters can drown the land in a great deluge. With no spirit left to fight for survival, life becomes unbearable and death can seem the only relief. "I am so troubled that I cannot speak." Here is one whose griefs are so great that he cannot put them into words, even despairing of prayer itself because he fears that God takes no delight in it. Samuel Rutherford rightly reminds us that "tears have a tongue, and a grammar, and language, that our Father knoweth." It is His blessed Spirit who intercedes "for us with groanings which cannot be uttered" when "we know not what we should pray for as we ought." In forgetting these truths, such a person will know many a sleepless night. Yet, here the psalmist reveals that it is God who has withheld from him the gift of sleep: "Thou holdest mine eyes waking." Let us follow Asaph's example: "I cried unto God with my voice, even unto God with my voice." When we find ourselves afflicted with sleeplessness, let us lift our hearts to Him.

The change in Asaph's heart comes when he "remembers" his God, when he "considers" the Lord's marvelous deliverances in times past. As he meditates upon his great God, the psalmist sees the foolishness of his own questioning spirit. He is led from confronting his own "infirmity" to praising God for all His "wonders." Surely, "Thou hast with thine arm redeemed thy people." Let us remember the words of another weeping prophet: "It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

Sweet is the work, my God, my King
To praise Thy name, give thanks and sing;
To show Thy love by morning light,
And talk of all Thy truth at night.

—Isaac Watts

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