

# **A Psalmist's Guide to Navigating Hard Times**

## **Psalm 77**

1. When things are bad, turn to God for help (1-3).
2. It's good to tell God when we have doubts (4-9).
3. Reminding God who He is reminds us who He is (10-15).
4. What God has done in the past points towards what God will do in the future (16-20).