

Psalm 77: The Inward Look of Self-Pity

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In this Psalm, Asaph is remembering the past, and he is remembering things that have happened and trying to process them. Like many of us, he is feeling sorry for himself.

1. It is true that self-pity deals with accurate facts. He is not making things up – these things really happened. However, we take the facts of our life and tend to draw comparisons with the lives of others.
2. Self-pity refuses to be comforted (vs. 1). It can become like a friend we don't want to leave.
3. Self-pity is accusatory (vs. 4). He begins to blame his insomnia on God. Blaming God is the end result of our anger at life.
4. Self-pity grovels in nostalgia (vs. 5). When he looks back and remembers, everything else seems like the "good 'ole days. Living in the past is seldom a good idea.
5. Self-pity is morbidly introspective. It does not ignore problems, but it does ignore healthy introspection which requires discipline and guidance.
6. Self-pity is theologically ignorant. It tips the hat to God but that is all. He speaks about a stingy God, a rejecting God, a tired God, and an angry God. **NONE OF THOSE THINGS ARE BASED ON A CORRECT THEOLOGICAL POSITION.**

SO WHAT IS THE CORRECTIVE TO THIS SELF-PITY? THE GODWARD LOOK OF PITY.

The antidote is prayer. In the first 6 verses, there are 17 first person singular pronouns and four references to God by name, with two additional pronouns that refer to God. In the last 9 verses there are 24 mentions of God and only 3 personal pronoun references at all.

In verse 11 he remembers God and His work, which makes all the difference. There are 4 verbs here: he calls to mind, remembers, ponders, and meditates – **ON THE DEEDS OF THE LORD, not on his own plight.**

Self-pity or God's pity? Your choice.

Come, ye sinners, poor and wretched,
Weak and wounded, sick and sore;
Jesus, ready, stands to save you,
Full of pity, joined with power.

HE IS ABLE< HE IS ABLE; HE IS WILLING; DOUBT NO MORE.