

## Spirit of the Living God

Scripture: Psalm 77 (NIV)

Date: March 6, 2021

Message: *I cried out to God for help: I cried out to God to hear me. ...To this I will appeal: the years when the Most High stretched out his right hand."*

*Psalm 77:1, 10*

As I read Psalm 77, these two verses stood out as a short story describing Asaph's transformation. He was distressed and depressed to the point that he could not speak, sleep, or even close his eyes. All he could think about were his troubles and he cried out for God's help, wondering if God had deserted him.

When he turned his mind away from his trials and focused on God's blessings and miracles, the stress was replaced with gratitude. He realized God always had his right hand held out... all he had to do was take it.

As many biblical scholars have noted, when he put aside his troubles and doubt, he was able to see that God had been good to him. It enabled him to shed the weight of the past and embrace the glory of the future. He took a long step in his faith journey and never turned back.

This story of his transformation reminded me of a hymn:

*Spirit of the Living God,  
Fall afresh on me.  
Melt me, mold me, fill me, use me.  
Spirit of the Living God,  
Fall afresh on me.*

God's Spirit fell afresh on Asaph, and his Spirit can fall afresh on us if we just ask.

Prayer: *Heavenly Father help me follow Asaph's lead so I can turn away from earthly troubles and focus on your many blessings. Help me walk in the footsteps of your son, Jesus Christ, who died on the cross for our sins. Melt me, mold me, fill me, use me. I am yours. Amen.*

---

Jack Cipoletti  
Elizabeth Memorial United Methodist Church  
Midland South District  
[jack@point-forward.com](mailto:jack@point-forward.com)  
SPRC Chairman, Admin Board Member, Vocalist-Holy Fish Praise Band