

Notes: Moving from Crisis to Contentment – Psalm 73

1. A Man in Crisis (Psalm 73:1-15)

- a. Asaph is a godly man in crisis – so much so that he admits his spiritual instability. We notice his crisis in a couple of ways:
 - i. **A Crisis of Jealousy** – Asaph was envious of the prosperity of wicked people. He describes them of growing more prosperous, healthy, and lighthearted. As he compared this to his own life, his crisis deepened.
 - ii. **A Crisis of Doubt** – Asaph was in such deep crisis he wondered if serving God was even worth his time anymore. This is such a difficult place to be in! Yet, as difficult as this was for him, Asaph began to move from crisis and towards contentment and it begins with confession.

2. A Man of Confession (vv. 16-25)

- a. In a brutally honest way, Asaph confesses two distinct areas that lead him to the path of contentment.
 - i. **A Confession Sinful Behavior** – Asaph says that he was beastlike in his sinfulness before God. Thus, he confesses arrogance and selfishness.
 - ii. **A Confession of God's Character** – After he confesses his sin, Asaph is then reminded of the unchanging nature of God's attributes – this leads to worship. With this reorientation now in place, the darkness that once pummeled Asaph is breaking into light.

3. A Man of Contentment (vv. 26-28)

- a. In the latter portion of the text, there is a drastic difference in Asaph's heart. Asaph says that he is continually held by God's hand, that God has given him counsel and thinks of the day when he is with God in eternity. Asaph even confessed that there is nothing that he wants but God. This is what it looks like to have a change of perspective. Asaph took off his unrighteous lenses and put on his righteous ones – this led to deep contentment in his life.

Discussion Questions:

1. In the first section of the sermon Isaiah talked about the crisis of faith that Asaph endured. Psalm 73:2 says, Asaph's feet had almost stumbled and his steps had nearly slipped. Where are you most prone to experience a crisis of faith? How did you restabilize your spiritual footing?
2. In verse 3, Asaph writes that he was envious of the wicked because of their prosperity. What kinds of situations (career pressure, relationships, comparison, finances, expectations, etc.) most tempt you toward jealousy or envy? Where do you feel the pull to compare your life with others? What emotions does this stir in your heart?
3. Read verses 15-22 again. What part of Asaph's confession stands out to you the most? Why? How can you relate to Asaph's deep confession? In what ways has confession proven to be a means of grace in your life? How does confession lead to contentment?