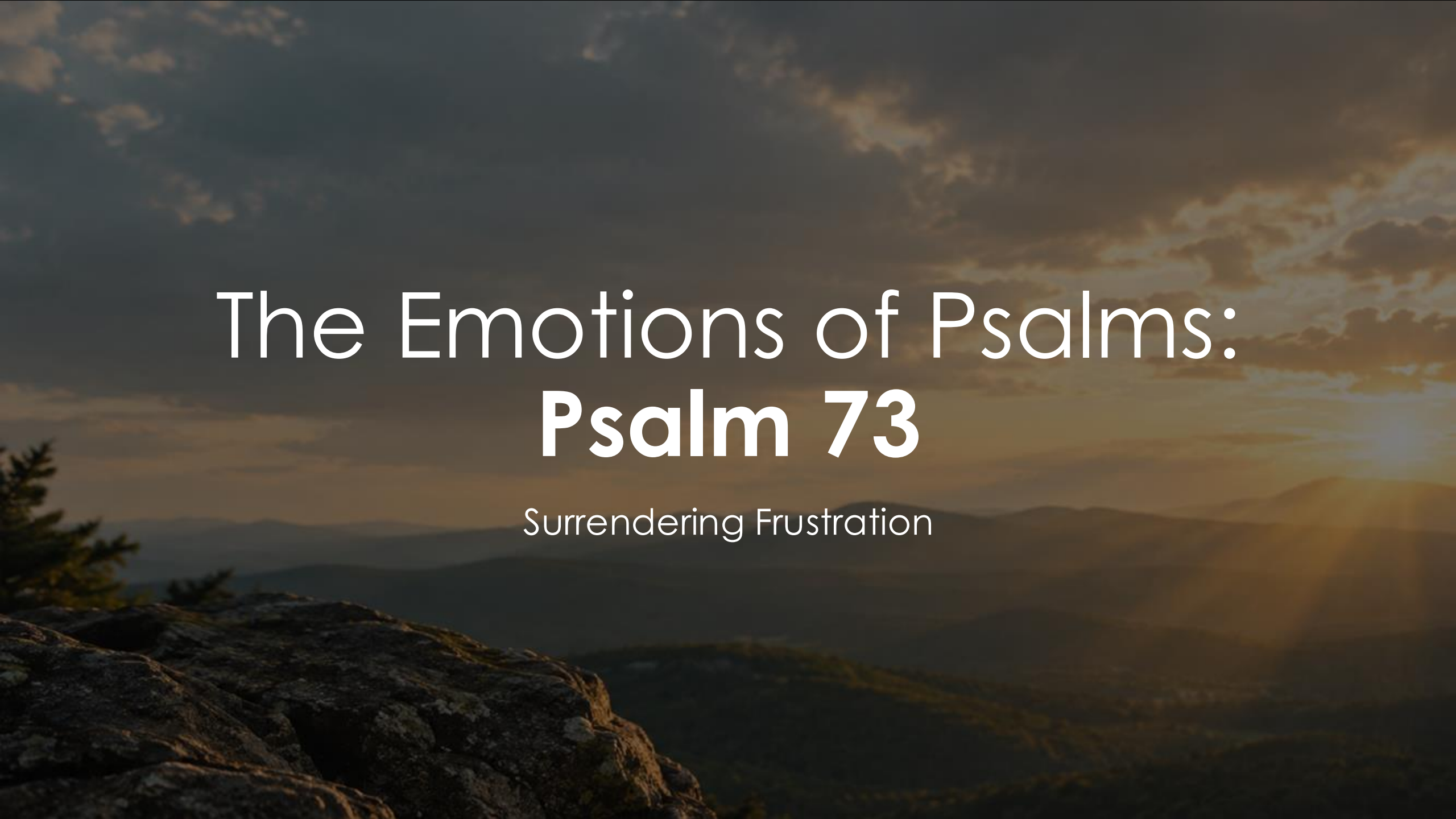




The Emotions of Psalms: **Psalm 73**

Surrendering Frustration

What Frustrates You?



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Frustration: Let's Define It

- a feeling of dissatisfaction, often accompanied by anxiety, depression, annoyance, anger, resulting from an unfulfilled need or an unresolved problem.
- An inconvenience, a distress, a depressed thought or idea.

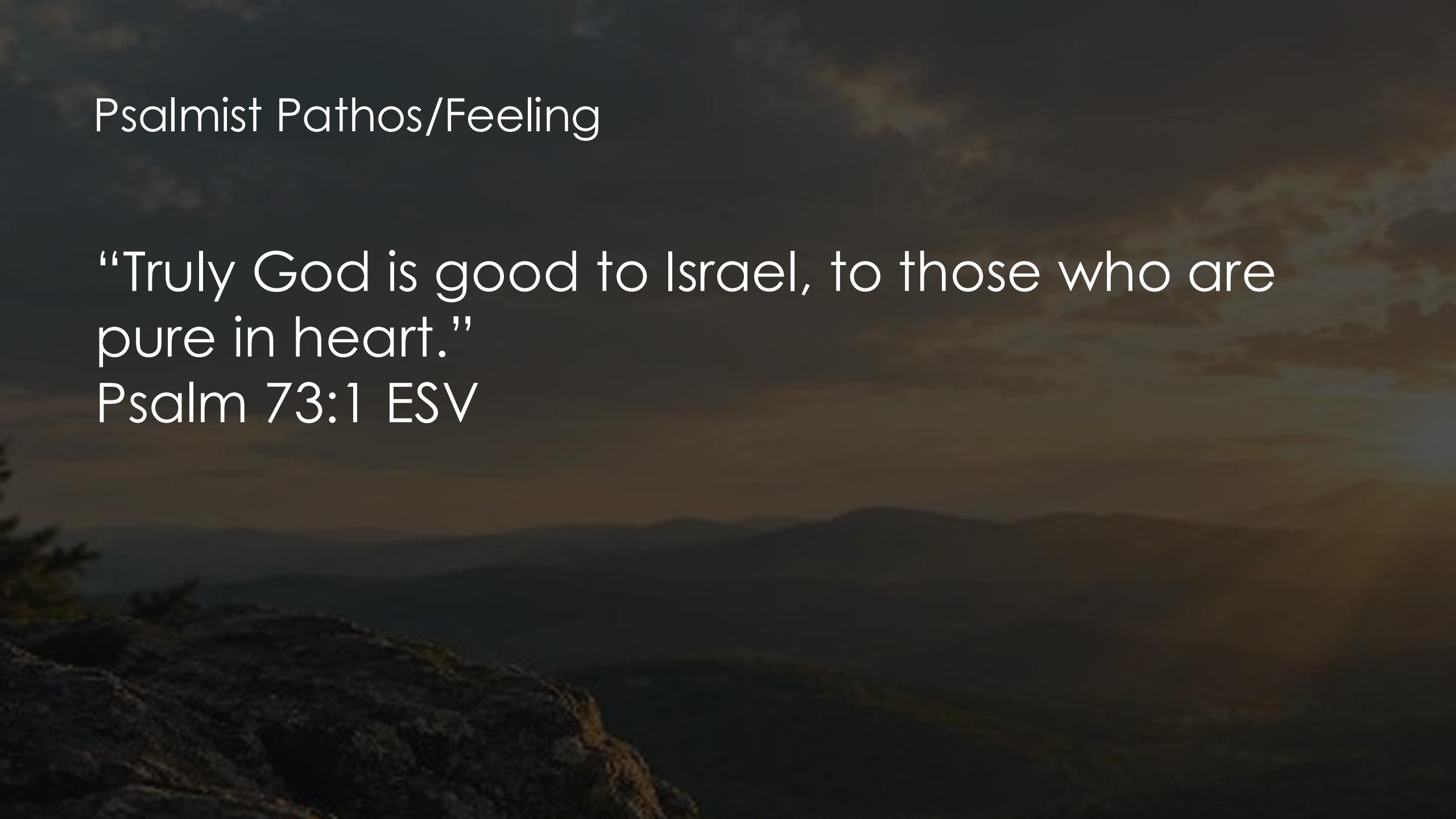
Who was Asaph?

Levite • Musician • Seer • Psalmist

- **Chief Musician:** Appointed by King David to lead worship when the Ark came to Jerusalem; played cymbals and directed the choir.
- **Prophet & Seer:** Scripture calls Asaph a “seer” (chozeh), highlighting his prophetic insight and role in communicating God’s truth.
- **Psalmist:** Credited with 12 Psalms — Psalm 50 and Psalms 73–83.
- **His Message:** His Psalms wrestle honestly with envy, doubt, injustice, and the prosperity of the wicked, ultimately turning toward God’s truth, presence, and praise.

Psalm 73

1. Psalmist Pathos/Feeling (vv. 1-14)
2. Psalmist Processing (vv. 15-22)
3. Psalmist Pointing (vv. 23-28)



Psalmist Pathos/Feeling

“Truly God is good to Israel, to those who are
pure in heart.”

Psalm 73:1 ESV

Psalmist Pathos/Feeling

“But as for me, my feet had almost stumbled,
my steps had nearly slipped. For I was envious
of the arrogant when I saw the prosperity of
the wicked.”

Psalm 73:2-3 ESV

Psalmist Pathos/Feeling

“For they have no pangs until death; their bodies are fat and sleek. They are not in trouble as others are; they are not stricken like the rest of mankind.”

Psalm 73:4-5 ESV

Psalmist Pathos/Feeling

“Therefore pride is their necklace; violence covers them as a garment. Their eyes swell out through fatness; their hearts overflow with follies. They scoff and speak with malice; loftily they threaten oppression. They set their mouths against the heavens, and their tongue struts through the earth.”

Psalm 73:6-9 ESV

Psalmist Pathos/Feeling

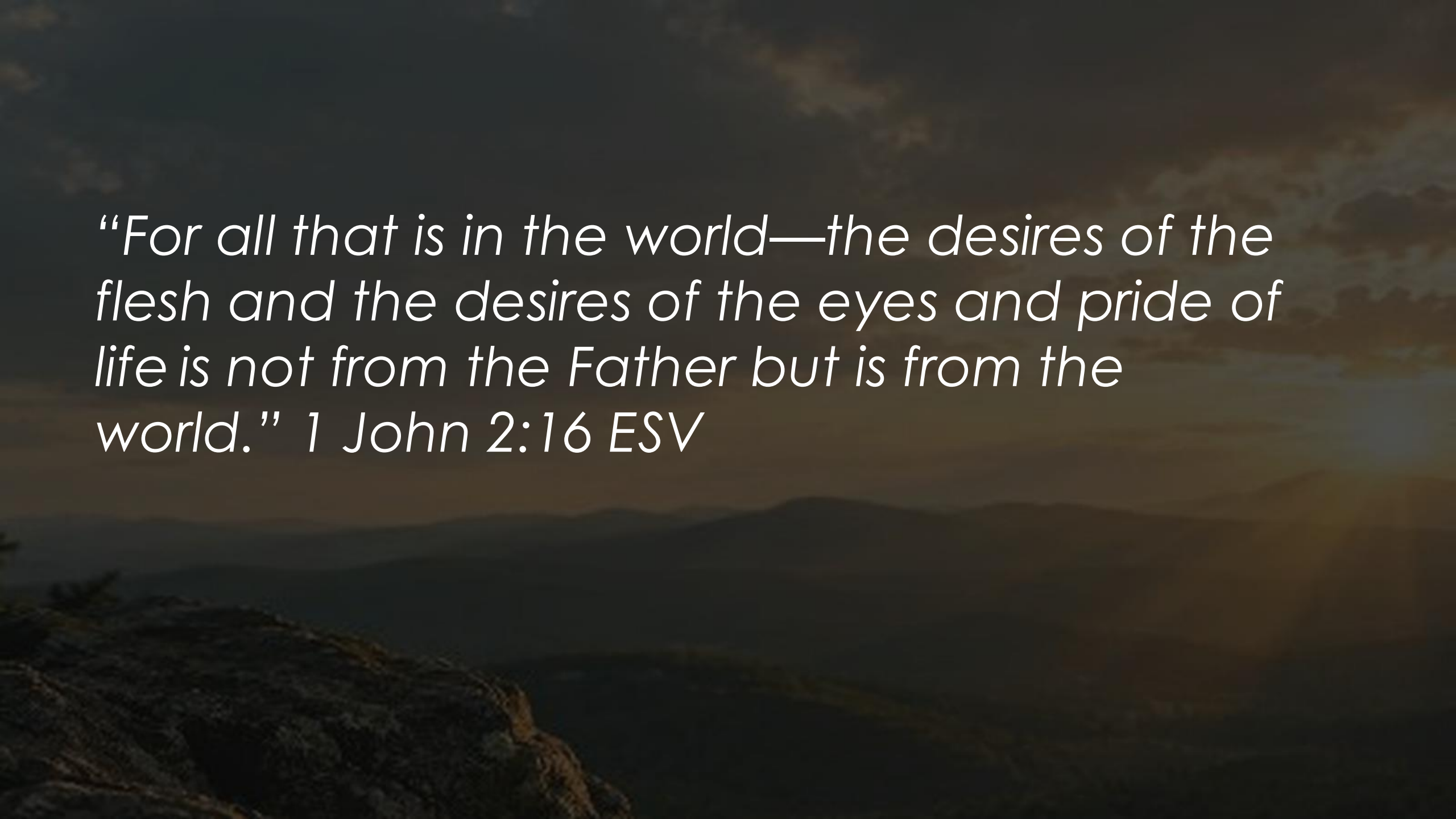
“Therefore his people turn back to them, and find no fault in them. And they say, “How can God know? Is there knowledge in the most high?” Behold, these are the wicked; always at ease, they increase in riches.

Psalm 73:10-12 ESV

Psalmist Pathos/Feeling

“All in vain have I kept my heart clean and washed my hands in innocence. For all the day long I have been stricken and rebuked every morning.”

Psalm 73:13-14 ESV

The background of the image is a dark, atmospheric landscape. It features a range of mountains in the distance, with the sky above them filled with soft, dark clouds. The lighting is dim, suggesting either dawn or dusk, with a subtle gradient of colors from deep blue to a hint of orange near the horizon. In the foreground, the dark, rocky silhouette of a cliff or mountain edge is visible on the left side.

“For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life is not from the Father but is from the world.” 1 John 2:16 ESV

Psalmist Pathos/Feeling

Asaph's Progression:

Envy → Covetousness → Frustration
(dissatisfaction)

Psalmist Processing

“If I had said, “I will speak thus,” I would have betrayed the generation of your children.”

Psalm 73:15 ESV

Charles Spurgeon

“It is not always wise to speak one's thoughts; if they remain within, they will only injure ourselves; but once uttered, their mischief may be great. From such a man as the psalmist, the utterance which his discontent suggested would have been a heavy blow and deep discouragement to the whole brotherhood. He dared not, therefore, come to such a resolution, but paused, and would not decide to declare his feelings. It was well, for in his case second thoughts were by far the best. I should offend against the generation of thy children. I should scandalize them, grieve them, and perhaps cause them to offend also. We ought to look at the consequences of our speech to all others, and especially to the church of God.”

Psalmist Processing

“But when I thought how to understand this, it
seemed to me a wearisome task,
Psalm 73:16 ESV

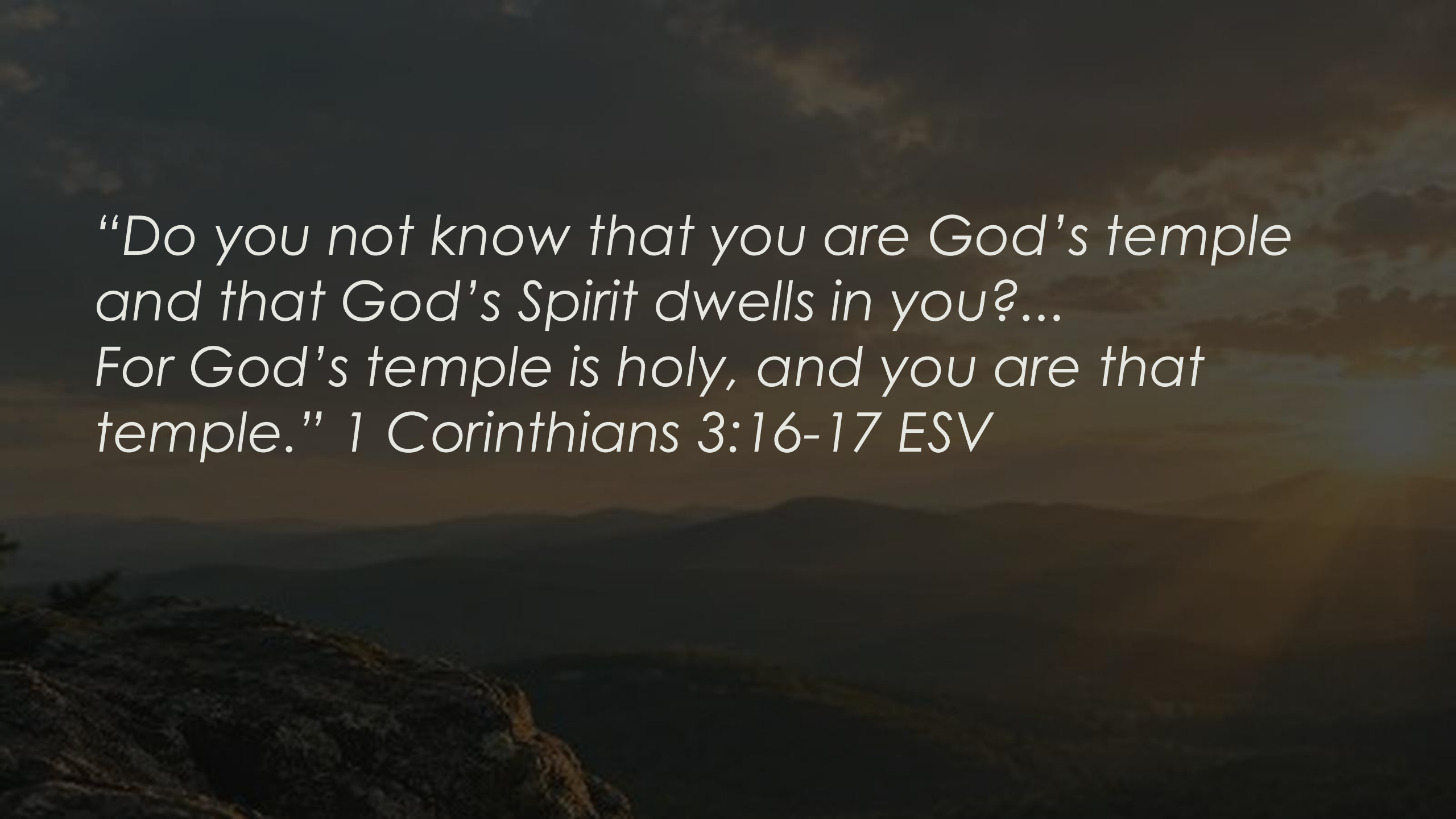
Psalmist Processing

“until I went into the sanctuary of God; then I discerned their end.”

Psalm 73:17 ESV

Philip Anthony Mitchell

“I think in America, Christians are busy. But we’re not intimate with the Lord. So we’re doing podcasts, we’re preaching, we’re going to work, we’re being parents, we’re busy. And then prayer is an offshoot. I throw it up for five minutes on the way to work. But it’s not like us cultivating the secret place. It’s not us cultivating a life in which we have this deep well of intimacy with Jesus. That there’s this thing going on between He and I, in private, in which everything is flowing out of that. So, healing is flowing out of that, revelation is flowing out of that, comfort is flowing out of that, peace is flowing out of that, ministry is flowing out of that. The best treatment for the human heart is the presence of Christ.”



*“Do you not know that you are God’s temple
and that God’s Spirit dwells in you?...
For God’s temple is holy, and you are that
temple.” 1 Corinthians 3:16-17 ESV*

“Treasures gained by wickedness do not profit, but righteousness delivers from death. The Lord does not let the righteous go hungry, but he thwarts the craving of the wicked.” Proverbs 10:2-3 ESV

“The memory of the righteous is a blessing, but the name of the wicked will rot. The wise of heart will receive commandments, but a babbling fool will come to ruin.” Proverbs 10:7-8 ESV

Psalmist Processing

“Truly you set them in slippery places; you make them fall to ruin. How they are destroyed in a moment, swept away utterly by terrors! Like a dream when one awakes, O Lord, when you rouse yourself, you despise them as phantoms.”

Psalm 73:18-20 ESV

Psalmist Processing

“When my soul was embittered, when I was pricked in heart, I was brutish and ignorant; I was like a beast toward you.”

Psalm 73:21-22 ESV

Psalmist Pointing

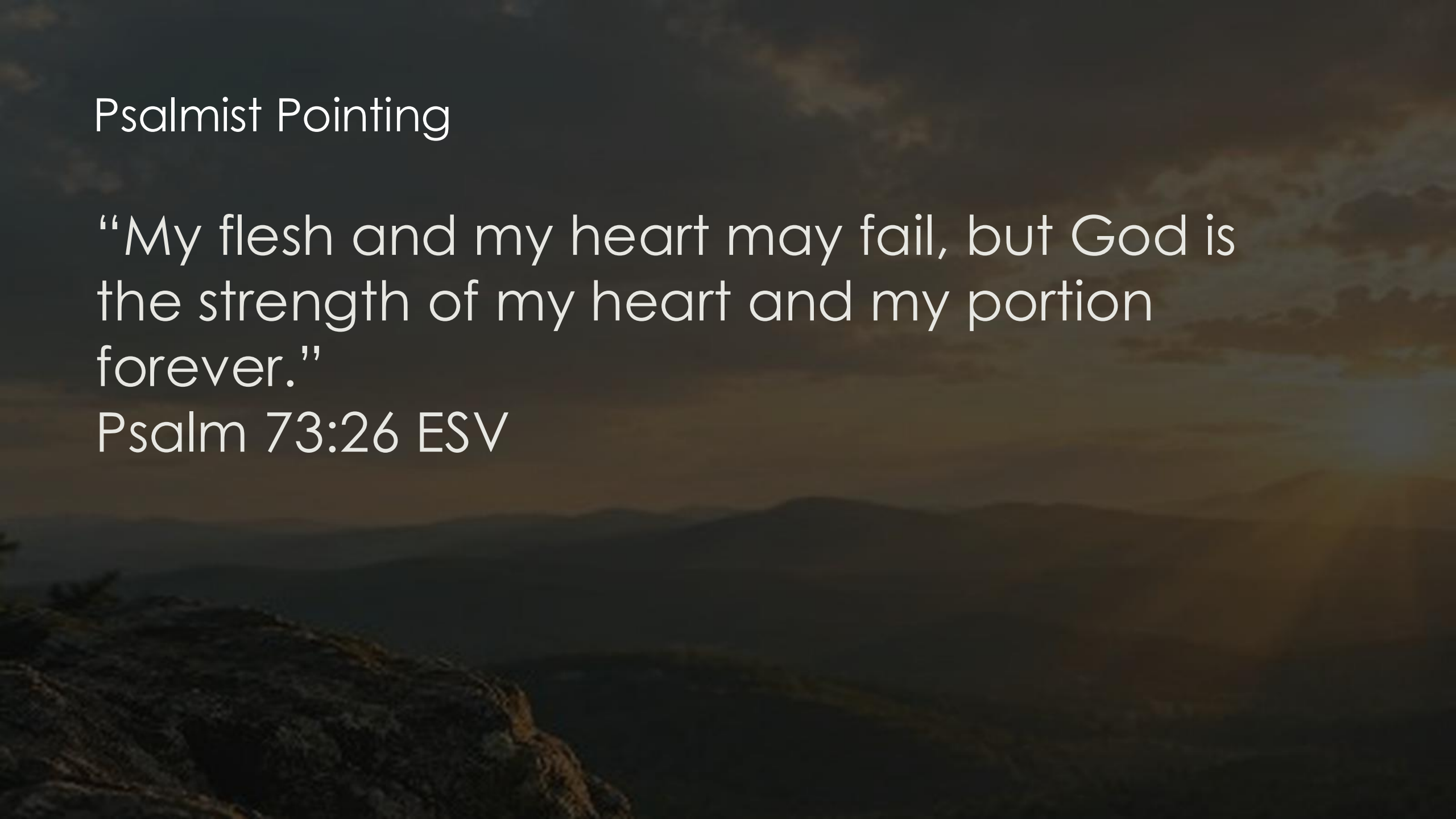
“Nevertheless, I am continually with you; you hold my right hand. You guide me with your counsel, and afterward you will receive me to glory.”

Psalm 73:23-24 ESV

Psalmist Pointing

“Whom have I in heaven but you? And there is nothing on earth that I desire besides you.”

Psalms 73:25 ESV



Psalmist Pointing

“My flesh and my heart may fail, but God is
the strength of my heart and my portion
forever.”

Psalm 73:26 ESV

Psalmist Pointing

“For behold, those who are far from you shall perish; you put an end to everyone who is unfaithful to you. ***But for me it is good to be near God;*** I have made the Lord God my refuge, ***that I may tell of all your works.***”

Psalm 73:27-28 ESV

To Conclude...

As we learn to remain eternally minded, our frustrations, often valid, become properly ordered in a beautiful pattern and practice of submission to our Lord and his perfect will!

Learning the perpetual treasure of trust and contentment, putting the Lord's will over all.

Psalmist Pathos To Pointing- Our Progression

Envy → Covetousness → Frustration

→ Sanctuary → Eternal Mindset →

Contentment → Mission!

*“But as for you, always be sober-minded, endure suffering, do the work of an evangelist, **fulfill your ministry.**”*

2 Timothy 4:5 ESV

“For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.”

2 Corinthians 5:14-15 ESV