

Psalms 77:5

Authorized King James Version (KJV)

I have considered the days of old, the years of ancient times.

Analysis

I have considered the days of old, the years of ancient times (חָשַׁבְתִּי יְמִים מִקְדָּם) (שָׁבַת) means to think, reckon, or calculate deliberately. Asaph begins the crucial pivot from present despair to historical reflection. Qedem (קדם, ancient past) and olamim (עוֹלָמִים, ages/eternity) stretch memory back to foundational acts of God—creation, patriarchal promises, exodus deliverance.

This verse initiates the psalm's therapeutic movement: from overwhelming present suffering to the stabilizing anchor of God's proven faithfulness. Deuteronomy repeatedly commands Israel to "remember" (zakar, זָכַר) God's past acts as antidote to present doubt (Deuteronomy 8:2, 32:7). Biblical faith is historically grounded—trust built on demonstrated reliability, not wishful thinking.

Historical Context

Covenant theology required remembering God's mighty acts: the exodus (Exodus 13:3), wilderness provision (Deuteronomy 8:2-4), conquest victories (Joshua 24:1-13). Annual feasts (Passover, Tabernacles) institutionalized corporate memory. When present circumstances contradicted promise, Israel was called to rehearse history—what God has done, He can do again. This pattern continues in Christian worship: "Do this in remembrance of me" (Luke 22:19).

Related Passages

Psalm 19:1 — Heavens declare God's glory

Colossians 1:16 — All things created through Christ

Study Questions

1. How does deliberate meditation on God's past faithfulness function as medicine for present despair?
2. What specific 'days of old' from salvation history most strengthen your faith during trials?
3. How does the Lord's Supper serve as a 'remembrance' that stabilizes faith in difficult seasons?

Interlinear Text

עַלְמִים: שָׁנֶות מִזְמָרָת יְמִים בְּתִי
I have considered the days of old the years of ancient times
H2803 H3117 H6924 H8141 H5769

Additional Cross-References

Isaiah 51:9 (Parallel theme): Awake, awake, put on strength, O arm of the LORD; awake, as in the ancient days, in the generations of old. Art thou not it that hath cut Rahab, and wounded the dragon?

Deuteronomy 32:7 (Parallel theme): Remember the days of old, consider the years of many generations: ask thy father, and he will shew thee; thy elders, and they will tell thee.

Psalms 143:5 (Parallel theme): I remember the days of old; I meditate on all thy works; I muse on the work of thy hands.

Psalms 44:1 (Parallel theme): We have heard with our ears, O God, our fathers have told us, what work thou didst in their days, in the times of old.

