

**SSS 4**  
**Book 4**  
**Psalms 90-106**

**7 January 2024**

**PSALM 102**

<sup>1</sup>Hear my prayer, O LORD,  
And let my cry come to You.

<sup>2</sup>Do not hide Your face from me in the day of my trouble;  
Incline Your ear to me;  
In the day that I call, answer me speedily.

<sup>3</sup>For my days are consumed like smoke,  
And my bones are burned like a hearth.

<sup>4</sup>My heart is stricken and withered like grass,  
So that I forget to eat my bread.

<sup>5</sup>Because of the sound of my groaning  
My bones cling to my skin.

<sup>6</sup>I am like a pelican of the wilderness;  
I am like an owl of the desert.

<sup>7</sup>I lie awake,  
And am like a sparrow alone on the housetop.

<sup>8</sup>My enemies reproach me all day long;  
Those who deride me swear an oath against me.

<sup>9</sup>For I have eaten ashes like bread,  
And mingled my drink with weeping,

<sup>10</sup>Because of Your indignation and Your wrath;  
For You have lifted me up and cast me away.

<sup>11</sup>My days *are* like a shadow that lengthens,  
And I wither away like grass.

<sup>12</sup>But You, O LORD, shall endure forever,  
And the remembrance of Your name to all generations.

<sup>13</sup>You will arise *and* have mercy on Zion;

For the time to favour her,  
Yes, the set time, has come.

<sup>14</sup> For Your servants take pleasure in her stones,  
And show favour to her dust.

<sup>15</sup> So the <sup>l</sup>nations shall fear the name of the LORD,  
And all the kings of the earth Your glory.

<sup>16</sup> For the LORD shall build up Zion;  
He shall appear in His glory.

<sup>17</sup> He shall regard the prayer of the destitute,  
And shall not despise their prayer.

<sup>18</sup> This will be written for the generation to come,  
That a people yet to be created may praise the LORD.

<sup>19</sup> For He looked down from the height of His sanctuary;  
From heaven the LORD viewed the earth,

<sup>20</sup> To hear the groaning of the prisoner,  
To release those appointed to death,

<sup>21</sup> To declare the name of the LORD in Zion,  
And His praise in Jerusalem,

<sup>22</sup> When the peoples are gathered together,  
And the kingdoms, to serve the LORD.

<sup>23</sup> He weakened my strength in the way;  
He shortened my days.

<sup>24</sup> I said, "O my God,  
Do not take me away in the midst of my days;  
Your years *are* throughout all generations.

<sup>25</sup> Of old You laid the foundation of the earth,  
And the heavens *are* the work of Your hands.

<sup>26</sup> They will perish, but You will <sup>[d]</sup>endure;  
Yes, they will all grow old like a garment;  
Like a cloak You will change them,  
And they will be changed.

<sup>27</sup> But You *are* the same,  
And Your years will have no end.

<sup>28</sup> The children of Your servants will continue,  
And their descendants will be established before You.”

Psalm 102:1-28

### **IN THE DAY OF TROUBLE**

<sup>1</sup> *Hear my prayer, O LORD,  
And let my cry come to You.*

<sup>2</sup> *Do not hide Your face from me in the day of my trouble;  
Incline Your ear to me;  
In the day that I call, answer me speedily.*

<sup>3</sup> *For my days are consumed like smoke,  
And my bones are burned like a hearth.*

<sup>4</sup> *My heart is stricken and withered like grass,  
So that I forget to eat my bread.*

<sup>5</sup> *Because of the sound of my groaning  
My bones cling to my skin.*

<sup>6</sup> *I am like a pelican of the wilderness;  
I am like an owl of the desert.*

<sup>7</sup> *I lie awake,  
And am like a sparrow alone on the housetop.*  
Psalm 102:1-7

### **1. A Desperate Prayer**

- a) That God would hear
- b) That He would not hide His face
- c) That He would answer speedily

### **2. A Candid Description of the Circumstances of Life**

- a) Days are consumed like smoke
- b) Bones are burned like a hearth
- c) Heart is stricken and withered
- d) Forgetfulness sets in
- e) Groaning
- f) Bones cling to the skin
- g) Like a pelican in the wilderness
- h) Like an owl in the desert
- i) Like a sparrow alone on the housetop
- j) Unable to sleep and rest

#### **AFFLICTIONS IN LIFE**

<sup>8</sup> *My enemies reproach me all day long;  
Those who deride me swear an oath against me.*

<sup>9</sup> *For I have eaten ashes like bread,  
And mingled my drink with weeping,*

<sup>10</sup> *Because of Your indignation and Your wrath;  
For You have lifted me up and cast me away.*

<sup>11</sup> *My days are like a shadow that lengthens,  
And I wither away like grass.*

*Psalm 102:8-11*

#### **1. Afflictions from enemies**

- a) They reproach all the day long
- b) They deride
- c) They swear an oath against the Psalmist

## **2. Affliction from the LORD**

- a) God's indignation
- b) His wrath
- c) Cast away

## **3. Consequently**

- a) Eaten ashes like bread
- b) Drink mingled with tears
- c) Days are like shadows that lengthen
- d) Withering away like grass

## **HOLDING FAST TO THE KNOWLEDGE OF GOD**

<sup>12</sup> *But You, O LORD, shall endure forever,  
And the remembrance of Your name to all generations.*

<sup>13</sup> *You will arise and have mercy on Zion;  
For the time to favour her,  
Yes, the set time, has come.*

<sup>14</sup> *For Your servants take pleasure in her stones,  
And show favour to her dust.*

<sup>15</sup> *So the <sup>l</sup>nations shall fear the name of the LORD,  
And all the kings of the earth Your glory.*

<sup>16</sup> *For the LORD shall build up Zion;  
He shall appear in His glory.*

<sup>17</sup> *He shall regard the prayer of the destitute,  
And shall not despise their prayer.*

*Psalm 102:12-17*

## **1. The Eternal Nature of God**

- a) He will endure forever

- b) His name would be remembered for all generations

## **2. God will yet show to Zion**

- a) His mercy
- b) His favour
- c) In His set time

## **3. The name of the LORD**

- a) He will be feared
- b) His glory would be seen
- c) He will build up Zion
- d) He will not despise the prayers of the destitute
- e) His servants would take pleasure in the stones and dust of Zion

## **THE GENERATIONS TO COME**

*<sup>18</sup> This will be written for the generation to come,  
That a people yet to be created may praise the LORD.*

*<sup>19</sup> For He looked down from the height of His sanctuary;  
From heaven the LORD viewed the earth,*

*<sup>20</sup> To hear the groaning of the prisoner,  
To release those appointed to death,*

*<sup>21</sup> To declare the name of the LORD in Zion,  
And His praise in Jerusalem,*

*<sup>22</sup> When the peoples are gathered together,  
And the kingdoms, to serve the LORD.*

*Psalm 102:18-22*

## **1. The generations that will come after us**

- a) They may not be created yet
- b) May they learn to praise the LORD

## **2. Things to thank God for**

- a) God looks upon mankind from heaven above
- b) He hears the groaning of the afflicted
- c) To release those appointed to death

## **3. Appropriate things to do**

- a) To declare the name of the LORD in Zion
- b) To offer praise to God in Jerusalem
- c) To gather together to serve the LORD

## **PERSONAL REFLECTIONS AND REQUESTS**

<sup>23</sup> *He weakened my strength in the way;  
He shortened my days.*

<sup>24</sup> *I said, "O my God,  
Do not take me away in the midst of my days;  
Your years are throughout all generations.*

<sup>25</sup> *Of old You laid the foundation of the earth,  
And the heavens are the work of Your hands.*

<sup>26</sup> *They will perish, but You will <sup>l</sup>endure;  
Yes, they will all grow old like a garment;  
Like a cloak You will change them,  
And they will be changed.*

<sup>27</sup> *But You are the same,  
And Your years will have no end.*

<sup>28</sup> *The children of Your servants will continue,  
And their descendants will be established before You."*

*Psalms 102:23-28*

### **1. Reflections on God**

- a) God as Creator
- b) He will always endure
- c) He will always be the same

### **2. Reflections about the things God has created**

- a) They will perish
- b) They will grow old like a garment
- c) There will be changes along the way
- d) The Psalmist feels great weakness
- e) His days seem to have been shortened

### **3. Requests**

- a) Not to be taken away in the midst of his days (Not to die “prematurely”)
- b) That there would be children/ descendants who would be established