



PLAYLIST: WEEK 5 | PSALM 102

Message Summary

One theme of the Psalms is that many of our problems stem from not knowing God or forgetting who He is. Psalm 102 tells us three important truths:

- We are temporal beings whose lives are fading away quickly
- We need to know the eternal, unchanging God
- We can know God through His son, Jesus

Engaging the Word

Read Psalm 102.

1. What do you learn about the writer's situation in verses 1-11?
2. How does the psalm change in verse 12?
3. What attributes of God are described in verses 12-28?
4. Why does the writer find hope amidst his difficult situation?

Engaging the Heart

1. Psalm 102 is a song of lament, but it also points to the future. Where do you see Jesus in Psalm 102?
2. If you are comfortable, share about a past or current difficult time in your life. How did knowing the eternal, unchanging God impact the situation? How did the "But you, O LORD" help you navigate that time?
3. The writer of Psalm 102 unashamedly bared his grief and struggle to God. What does that tell you about his relationship with God? Where are you at in your journey to know the eternal, unchanging God? Share as you are comfortable.

Engaging our World

Close your time by reading Psalm 102 again. Take a few minutes to silently reflect on the psalm. Write down or underline in your Bible one verse in Psalm 102 that gives you hope. Commit to remember that verse when you face difficult times this week.