

It does not matter how spiritual one is or how strong one is, there will be times when one will be so emotionally low that he can hit rock bottom. There will come times when we will be overwhelmed with difficult things. The depression may be so dark and deep that a person can actually lose their will to live. There are times when you will feel so weak that you won't know if you can even go on. There are times you can get so low that you wonder if anyone cares.

It is in those kinds of moments that we need this Psalm. It is in these kinds of moments we need to think about God and we need to pray to God. In fact, you will notice that we may observe the following from the superscription:

- 1) This Psalm is a prayer.
- 2) This Psalm is a prayer of one afflicted.
- 3) This Psalm was written by one who was faint.
- 4) This Psalm was written by one who poured out his complaint before the Lord.

The key point of the Psalm is this:

**WHEN A BELIEVER FINDS HIMSELF FEELING LOW BECAUSE OF SOME AFFLICTION, HE NEEDS TO TALK WITH GOD OPENLY AND HONESTLY AND ASK FOR GOD'S HELP AND DELIVERANCE.**

There was a musical group who used to sing about a key question: "How can you mend a broken heart; how can a loser ever win." The answer is you mend it by going to God. You mend it by prayer. Now there are two primary applications of this specific Psalm:

**Primary Application #1** - This is the prayer of Jesus Christ, when He was at His lowest point in life, just prior to Him hanging on a cross to bear the sins of the world. Dr. McGee said this is His prayer in Gethsemane.

**Primary Application #2** - This will be a prayer made during the Great Tribulation by Israel, when she will specifically ask God for deliverance from horrible things.

But this Psalm has application to all of God's people in all dispensations of times. There are five main parts to this Psalm:

**PART #1** – The pressing prayer for a quick answer. **102:1-2**

People who move God through prayer do not pray for praying sake; they pray to touch the heart of God. These are very emotional verses. The writer is asking God to focus His attention on this prayer and to quickly answer and quickly deliver. He is crying out to God to hear and help because he is in distress.

This was "the day" of distress and it needed God's immediate help. The first thing we should do when we find ourselves low is cry out to God. We should run to God and cry out to Him.

There is nothing wrong with emotionally pouring out your heart to God. There is nothing wrong with pressing God for a quick answer.

When our dog starts barking emotionally, we are right there, right now to see what is happening. God is a real Heavenly Father and when He hears His children emotionally crying out to Him, He is right there to answer.

**PART #2** – The personal prayer because of profound affliction. **102:3-11**

According to **verse 3**, he had lost many days to suffering. There are four descriptions of the kind of affliction the writer was suffering:

**Description #1** - The writer was experiencing physical affliction. **102:3-7**

Life was like a thick smoke (**v. 3**); it was like a dense fog. The writer could not see anything clearly. His physical problems were horrible:

- 1) He had pain in his body and bones every day. **102:3** - some type of burning pain
- 2) He had a sense that his heart was getting weaker. **102:4a**
- 3) He had lost his appetite. **102:4b**
- 4) He had experienced terrible pain that made him groan. **102:5a**
- 5) He had lost weight. **102:5b**
- 6) He had lost his defense system. **102:6** - totally helpless like a pelican in the wilderness
- 7) He could not sleep. **102:7a**
- 8) He was very lonely. **102:7b** - like an owl in the waste places

This is a very spiritual person. But sometimes even the most spiritual of people are lonely people. They labor and pray all alone.

This is depressing stuff. This man really was low. This is exactly what Jesus Christ experienced prior to Calvary and this is what Israel will experience in the Tribulation.

**Description #2** - The writer was experiencing enemy affliction. **102:8-9**

Proud arrogant enemies mocked him all day long. They made fun of him and used his name as a curse. They apparently were alleging God had cursed this person.

This of course is a reference to none other than Jesus Christ. He was completely humiliated to the point of weeping. He could not eat or drink and enjoy anything.

**Description #3** - The writer was experiencing Divine affliction. **102:10**

Now whenever you read the words “indignation” and “wrath” you are reading two words that are the strongest that may be used concerning bad things that God permits to happen. The writer felt that his condition was due to the Divine Discipline of God.

When Jesus Christ was in Gethsemane, this was what made it so depressing for Him. God the Father was judicially imputing our sin and His wrath on His Son and that is why His Son cried out “My God, My God why have you forsaken Me?”

**Description #4** - The writer was experiencing emotional affliction. **102:11**

The green life had been zapped out of this faithful believer. He felt that his days were dragging on and he was just withering away.

**PART #3** – The purposeful prayer with prophetic assurance. **102:12-22**

Even though this writer was very depressed, he still had an amazing confidence in God. There were four confidences he had:

**Confidence #1** - He had a confidence in the permanence of God. **102:12**

In Hebrew the pronoun “you” is emphatic. In stark contrast to man’s brief existence, God always existed. Enemies, troubles, trials and even people are temporal, but not God. God is permanent.

**Confidence #2** - He had a confidence in the pity of God. **102:13-14**

Now Zion is a name used for Israel, specifically in regard to Jerusalem (**102:21**). It would appear from **verse 14** that Jerusalem had been destroyed and was rocks and dust. However, the confidence the Psalmist has here is that God would restore the people and city at the appointed time.

**Confidence #3** - He had a confidence in the power of God. **102:15-17**

The writer had an assurance that God would ultimately raise up Israel to the point that the nations would fear God.

**Confidence #4** - He had a confidence in the pardon of God. **102:18-22**

The writer saw a time when God would look down and hear the groaning of His people and would set them free. **Verse 22** makes it clear that this prophetic moment will occur when all nations are brought to the point where they serve God.

**PART #4** – The petitional prayer for a preserved life. **102:23-24**

The writer did not want his days to end early. So he cried out to God. Sometimes people who get sick just give up. Well that is certainly one option. Another option is not to give up and pray that God will preserve one's life.

Now during the Tribulation, any believer, specifically Jewish believers, will not live long. Most will be destroyed by the middle of the Tribulation. In fact, the phrase “midst of my days” not only has reference to mid-years of a person's life, but also mid-way through the Tribulation. Now notice in **verse 24** the personal pronoun “my.” God was very personal to this one praying this prayer and when you have a personal relationship with God at this level, praying for preservation is an option.

**PART #5** – The promotional prayer that exalts God. **102:25-28**

There are four ways that the writer exalts God even though He is low:

**Exaltation Way #1** - God is exalted as creator of earth and heavens. **102:25**

It is so important when we pray to pray and begin with this concept of God. Why is it so important to acknowledge that God created everything? The reason is because this shows we believe that God has the power to do whatever He wants to do in any situation.

**Exaltation Way #2** - God is exalted as the enduring and unchanging God. **102:26-27a**

**Exaltation Way #3** - God is exalted as the eternal God. **102:27b**

**Exaltation Way #4** - God is exalted as the preserving God. **102:28**

Now the writer of Hebrews applied **verses 25-27** to Jesus Christ (Heb. 1:10-12; 13:8).

This Psalm clearly shows God's people that they can turn to Jesus Christ for help in the most desperate hours of life.