

*Finding Yourself in the Psalms*  
*Psalm 102*  
*The Prayer of a Sufferer*

Outline: Scrogie

- I. A Sufferers Complaint - *Man is a frail creation* - this is a **personal prayer**
  - A. The Cry of a mortal man (1-2)
  - B. The Condition of a mortal man (3-11)
  
- II. A Sufferers Consideration (12-22) - this is **national statement**
  - A. The Near Prospect (12-17)
  - B. The Far Prospect (18-22)
  
- III. A Sufferers Confidence (23-28) - this is **a personal prayer** once again
  - A. His Lingering Fear (23-24a)
  - B. His Steady Faith (24b-28)

PRINCIPLES for a SUFFERER

- Suffering will come.
  - (Job 5:7) "Yet man is born to trouble as surely as sparks fly upward."
  - (John 16:33) "'I have told you these things, so that in me you may have peace. **In this world you will have trouble.** But take heart! I have overcome the world.'"
  - **PERSECUTION**
    - (2 Timothy 3:12) "In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted,"
    - Matt 10:16-19, 21-22, 34-36
  - **TRIALS**
    - James 1:2-3, 12
    - 1 Peter 1:6-7
  
- Suffering works a good that is greater than the pain of the suffering.
  - Romans 8:38
  - 2 Corinthians 4:16-5:5
  
- The Suffering of the Righteous Glorifies God
  - sec 1, and sec 3 are addressed to God
  - in verses sec 2 (12-22), **only 4 of 11 verses are addressed to God**, and these verses are **praises** and not complaints!
  - Persecution
    - (1 Peter 4:16) "However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name."
  - Trials
    - (Job 1:20) "At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship"

- (Job 13:15) "Though he slay me, yet will I hope in him; I will surely defend my ways to his face."

- God has compassion for those who suffer
  - in temptation. (Hebrews 2:18) *"Because he himself suffered when he was tempted, he is able to help those who are being tempted."*
  - in trials. (Psalm 34:18) *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
  - (Psalm 147:3) *"He heals the brokenhearted and binds up their wounds."*
  - (Psalm 51:17) *"The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise."*
  
- Suffering will not last
  - (2 Peter 2:9) "if this is so, then the Lord knows how to rescue godly men from trials and to hold the unrighteous for the day of judgment, while continuing their punishment."
  - (Psalm 30:5) "For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning."
  
- **Your circumstances will Change, but God will never change**
  - **Psalm 102:25-28**