

Crying Out to God

Precept® Discovery Study

First things first...

In Psalm 102:1-5, the psalmist pours out his heart to God, describing his distress and asking Him for help.

OBSERVE

In verses 1-5:

- 1 Circle references to prayer.
- 2 Draw a box around what the psalmist asks God to do.
- 3 Underline how he describes his physical condition.

In verses 18-22:

- 4 Number the reasons why God might allow this distress and note His response to the psalmist's prayer.

APPLY

- 5 Think about your first response to distress and compare it to the psalmist's. How does his example challenge or convict you?

- 6 What is God's ultimate purpose for suffering or distress?

- 7 What bottom-line lesson have you learned from these verses?

WRAP IT UP:

No one enjoys suffering. But when we encounter it, remember what the psalmist did. He cried to God in prayer, declaring his physical distress and asking for help.

God revealed there was a purpose for his distress: Worship. Suffering is a platform for worshipping God, praising Him and declaring His name.

For a more in-depth study, we recommend the 40-Minute study *Living Victoriously in Difficult Times*.

Psalm 102:1-5, 18-22 ESV

- 1** Hear my prayer, O LORD; let my cry come to you!
- 2** Do not hide your face from me in the day of my distress! Incline your ear to me; answer me speedily in the day when I call!
- 3** For my days pass away like smoke, and my bones burn like a furnace.
- 4** My heart is struck down like grass and has withered; I forget to eat my bread.
- 5** Because of my loud groaning my bones cling to my flesh.

- 18** Let this be recorded for a generation to come, so that a people yet to be created may praise the LORD:
- 19** that he looked down from his holy height; from heaven the LORD looked at the earth,
- 20** to hear the groans of the prisoners, to set free those who were doomed to die,
- 21** that they may declare in Zion the name of the LORD, and in Jerusalem his praise,
- 22** when peoples gather together, and kingdoms, to worship the LORD.

To discover more about the Precept® Bible Study Method, sign up for a training workshop! The Essentials of the Precept Bible Study Method class is the perfect place to begin—learn more at [training.precept.org!](https://training.precept.org/)

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