

SCRIPTURE: Psalm 102 TITLE: "Pity for the Distressed"

Intro: A **prayer** for the one afflicted. When you're feeling faint. In order to pour out your complaint before the LORD. Feeling distressed. National Institute of Health: "*Stress responses are normal reactions to environmental or internal disruptions and can be considered adaptive in nature. Distress occurs when stress is severe, prolonged, or both.*" Common for those going through counseling or therapy to call when they're especially distressed. Burdened. Down. Struggling. **Stuck.** "**Call me if you need to schedule an extra session.**" Well, in a way, this is the LORD's way of saying, call me when you need me. I'm here."

Thesis: "The LORD has pity on His people who are in distress"

I. Cry of Distressed (1-11)

A. **Hear!** My Prayer! My Cry! My call! Turn your ear! **Distress!** Overwhelmed! **Groaning.**

ILLUSTRATION: Groaning is a natural response to stress and distress. Selah! 2 years old! Haha!

B. **Stuck!** Struck Down. Smoke/vanish. Days pass meaninglessly. Withered. "*I'm so done.*" *Over it.*

C. **Wasting away.** Starving. No appetite. Crying. Drinking my tears. Can't sleep.

D. **Wrath/Indignation.** Feel like God's angry. Must be punishing me. Abandoned me. Forsaken.

E. **Body Slammed my soul.** Lifted me up just to slam me back to the ground. Jesus is lifted up.

APPLICATION:

1. You can pray this kind of prayer because Jesus prayed these kind of prayers on the Cross. He's proof of God's love, care and the fact that you now have a God and Savior who is able to sympathize and empathize with you in your state of distress. He reassures you that God listens and hears His people.
2. This is a prayer of Jesus. Accurately portrays **His experience on the Cross** for us. **Ray Ortlund, 58. Every Psalm is an arrow pointing to Jesus. Sunday school boy.** "*Sounds like a Squirrel*"
3. You can be sure that even when you feel abandoned, punished by God in his anger and indignation; that He hasn't and He's not angry with you because all of His anger was poured out on Jesus for you. **Ortlund 85. Forsaken.**

II. LORD of Pity (12-17)

A. **Favor (Grace).** **Regard.** (*does not despise our prayers*). **Builds up His people.**

ILLUSTRATION: NF. "Do you hear us down here O LORD?"

B. **Pity.** *He pities His people. He listens to them and feel for them and wants to help. He's most loving when we are most needy and broken. He's drawn in with pity.*

ILLUSTRATION: "Don't pity me. I don't need your pity!" "I pity the fool!" MR T. *Why don't we like being pitied? Because it makes us feel small. Usually the context is someone higher, better off coming down and lowering themselves to help or have pity on someone, so it makes that person feel small. Humiliated.*

C. **Jesus came to us out of pity.** *He did lower Himself. Came in Glory.*

APPLICATION:

1. **We are most like Jesus when we are filled with pity** (mercy, empathy) for others. Especially the broken down. Downcast. Downhearted. Struggling. Hurting. Distressed.
2. **We experience a taste of His suffering in our suffering.** We're becoming more like Jesus in our distress. **Schaeffer: "Christian Life (True Spirituality) is one of ongoing death & resurrection:** Sorrow/Joy, Suffer/Comfort, Repentance/Faith/Obedience. Union with Christ.

III. He's and Eternal Savior (18-28)

A. **Consistent.** Faithful. Unchanging. Secure. Forever. Doesn't end.

B. **He will be worshiped forever.** *His praise will endure. Pass it on to every generation.*

C. **Pass it on to the next generations.** *Write it down. Record it for those who aren't yet born.*

D. **He will be worship by every nation.** *All peoples. People not yet created.*

ILLUSTRATION: Olympics. Opening Ceremony and Closing Ceremony. Most like heaven? Not this year!

APPLICATION:

1. **Dane Ortlund, page 2. Jesus is still King.** Perspective. **GLORY.**
2. **Suffering and Sorrow causes us to hope for GLORY.** He came down to us so that we can be raised with him in glory someday. One way to encourage yourself when you are distressed is to preach to gospel to yourself by telling yourself that there will be no stress or distress.