

## PRAYING PSALM 102

“Do not hide Your fame from me in the day of my trouble...” (Psalm 102:2).

This psalm highlights the thoughts of one who is afflicted. 1. A PLEA FOR GOD’S HELP (1-11). This is a prayer of a depressed believer. His depression did not come from personal sin. Nine symptoms of depression are listed. Any five would classify as clinical depression: Isolation (2), helplessness (3), guilt feelings (4a), loss of appetite (4b), lack of motivation (5), Isolation from others (6-7), low self-esteem (8), tearfulness – sadness out of control (9-10), Hopelessness (11). 2. A PERSPECTIVE OF GOD’S PURPOSE (12-22). God’s purposes are eternal (12). God’s purposes are sovereign (13). God’s purpose should be sought through prayer (17-18). God’s purpose for each of us is established in Heaven (19-20). God’s purpose for us relates to His kingdom purpose (21-22). 3. PRAYER FOR A GOOD LIFE (23-28). The psalmist desired a normal life to be established before God (28).

Not all depression is a result of spiritual causes. Some depression is caused by sickness or physical illness. When that is the case a physician is required. Some depression is emotional, caused by abuse, abandonment, trauma, etc. Emotional depression is a result of some loss. Sometimes depression requires talking with a therapist. Some depression is spiritual, caused by sin and disobedience. That requires confession and repentance. It is good to seek help from a pastor or a mature Christian. At some point depression, regardless of its causes, affects the whole person. Prayer needs to become part of the healing process – and it is a process. Prayer can help to find the source of your depression. It can also help you commit your difficulties to the Lord. Don’t make the mistake and automatically assume your depression is due to sin. Get the help you need. Bring God into the process like the psalmist did. Begin by asking for God’s help. Then see if you are living out His purpose. Ultimately prayer is the means of opening yourself to God, His healing, and His will.