



Series: Seasons in the Psalms, Reflections on God and the Significance of the Soul

Passage: Psalm 102

Title: Baring Our Soul Before the God Who Saves Us

Speaker: Pastor David Menard 3/15/2026

Discussion Starter – Why is transparency uncomfortable in many of our relationships? Describe the characteristics of a relationship that is safe to reveal our deepest thoughts and feelings. Do you have a friend in whom you can confide? How does knowing the life experiences of Jesus provide trust and confidence to be fully transparent before God?

Read Psalm 102:1-11

1. This is a prayer of an afflicted and overwhelmed person. What level of desperation is described in these verses? What is the psalmist requesting from God?
2. What understanding do these first 11 verses provide into Jesus' experience in His incarnation? (Hebrews 2:14-18)
 - a. Why does it matter to us that Jesus experienced this utter anguish?
3. In what ways does Jesus' unique identity and experience provide trust, safety, and respect as we relate to Him in our most private and vulnerable experiences?
4. How does a transaction differ from a relationship as a relief to isolation and suffering?
 - b. What transactional shortcuts do you try to negotiate to relieve the intense suffering described in these verses?

Read Psalm 102:12-22

5. How does the psalmist shift his focus from his circumstances in verse 12? What promises of God are referenced in these verses?
 - c. How do these future promises of God address the anguish of the first 11 verses? Describe a time when God has answered your need and not your request.
6. Reading this psalm as a prayer of Jesus, the Son of Man, how is His mission defined as a response to man's hopeless condition as described in verses 12-22?
7. What is God's grand plan to rescue the prisoners that is revealed in verses 17-20?
 - d. In what way can we be considered prisoners appointed to death? How does our identification with Jesus' death free us? (Romans 6:5-8)

Read Psalm 102:23-28

8. Who is the "You" in verse 25-27? (Hebrews 1:10-12)
9. What promise is made for "the children of Your servants", and their descendants in verse 28?
10. Describe how being "established before God" provides the comprehensive response to the hopelessness described in the first 11 verses of this psalm.