

Psalm 102 - To Him we cry

He cried out to the Lord

- The devastating effect on his life v3-11

Psalm 102 - To Him we cry



He cried out to the Lord

- Because of the devastating effect on his life v3-11
- The Psalm looks forward v18
- The Lord is **Attentive** v19
- The Lord is **Active** v20
- The Lord is **Effective** v 21-22

Psalm 102 - To Him we cry



How do we cry out to the Lord?

- God hears and understands even when we are unable to speak
In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

Romans 8v26

- Praying out loud helps make our times with God more interesting
- Praying out loud helps keep our focus on God
- Praying out loud is encouraging to others