

Dear Heavenly Father,

Praise

You are God and there is no other. It is you who made me, and I am the sheep of your pasture. Therefore, I will shout joyfully to you. I will serve you with gladness and come before you with joyful singing. I will enter your gates with thanksgiving and your courts with praise. I will give thanks to you and bless your name! Your lovingkindness is everlasting, and your faithfulness continues through all generations! (Ps 100:3–5).

Today in Your Word

Today you shared with me more of the psalms whose authors are unknown. Psalm 102 is the prayer of “one afflicted” (v. 1). It is a cry for help by someone who was suffering greatly and was near the end of their endurance. The sufferer described his condition in graphic detail and stated that he felt his death was close at hand (vv. 1–11). Then his thoughts turned to you, and he meditated on your eternity: “You, O LORD, are enthroned forever; you are remembered throughout all generations” (v. 12). As this thought filled his heart, he declared his confidence in your coming action: “You will arise and have pity on Zion...[the LORD] regards the prayer of the destitute and does not despise their prayer” (vv. 13, 17). He continued, “Let this be recorded for a generation to come,” that you looked down and freed the prisoners, “those who were doomed to die” that they may praise you in Jerusalem (vv. 18–22). In the Septuagint, the prayer ends with v. 22, and the rest of the psalm is your answer to the psalmist, who is called “Lord” in v. 25. The author of Hebrews understood this as a statement made by you to the Son (Heb 1:10–12; Ps 102:25–27). This means the psalm is Messianic. It speaks first of the Messiah’s suffering (vv. 1–11), and then it tells of his anticipation of his future kingdom (vv. 12–22). At the end, you told him that the days of his earthly life would indeed be few (vv. 23–24), but then you reminded him that he was the Creator of the heavens: “They may perish, but you remain...your years will have no end” (vv. 26–27). Thus Psalm 102 is a beautiful testament to the eternity of your Son, Jesus Christ!

Reflection

The psalmist said, “Whoever is wise, let him attend to these things; let them consider the steadfast love of the LORD” (Ps 107:43). Am I meditating on your great deeds? Do I take time to remember not only what you did for Israel, but also what you have done for me?

Request

Father, stir my heart to praise your name. Put a fire in me, a love for you and your Word, that will never be quenched. May there be within me the desire to say, “Bless the LORD, O my soul”!

Thanksgiving

The Holy Spirit calls, “Let the redeemed of the LORD say so,” and I say, ‘Thank you, O LORD, for you are good, your lovingkindness is everlasting!’ (Ps 107:1–2). Hallelujah!

In Jesus’ name, Amen.

Suggested Hymn: “[Be Glad in the Lord](#)” – Mary E. Servoss.

Meditation Verse: Psalm 107:31.