



Through the Psalms we are invited into a relationship with God that reaches the full spectrum of emotions: the highs and the lows, the peaks and the valleys. There is no feeling we are not allowed to express before God in our prayers and worship, because there is no part of life we are supposed to experience without God. The Psalms are a masterclass in entering God's presence with our whole selves – every ounce of joy and sorrow, grief and resolve, blessing and doubt, thanksgiving and fear. God loves all of us, so we don't have to hold anything back.

Week 4 – Worship In The Future Tense

1. **Read Psalm 102:1-10.** Notice the introductory note. Many songs in Psalms have notes naming the author or musical style. This is the only prayer dedicated to a type of person (“an afflicted one”) in a particular moment (“who has grown weak”). Here, we see that **pain lives in the present tense**. What sticks out to you about these verses? How do emotions and pain function in the here and now? What happens when we have distance from the heat of a moment?
2. **Read Psalm 102:11-12.** After eleven verses of lament, there is a noticeable turn: “*But you, Lord...*” What happens when we compare ourselves to God? What shifts in our perspective take place?
3. **Read Psalm 102:13-22.** Notice from verse thirteen to the end of the Psalm the number of “will” or “shall” statements. How many do you count? When pain dominates our present, **sometimes we have to worship in the future tense**. Do you think worship focused on what hasn't happened yet is valid? Does this kind of future-focused worship less-than? Why or why not? Why do you think the songwriter brings up future generations?
4. **Read Psalm 102:23-28.** A song that started in the lows ends with a prayer for future generations to be safe with God. That's because **no present pain compares to God's eternal promise**. What present pains have tried to obscure your view of God's eternal promises? What specific promises from God do you need to claim again, both for yourself and for future generations? Finish praising God for His unchanging ways and praying for each other to remember God's faithfulness both now and forever.

