

# A Prayer of One Afflicted

The Cry of Desperation (v. 1-11)

The Declaration of Trust (V. 12-17)

The Call to Praise (v. 18-22)

The Decision to Wait (v. 23-28)

# Psalm 102 ESV

- <sup>1</sup>Hear my prayer, O LORD;  
let my cry come to you!
- <sup>2</sup>Do not hide your face from me  
in the day of my distress!  
Incline your ear to me;  
answer me speedily in the day when I call!
- <sup>3</sup>For my days pass away like smoke,  
and my bones burn like a furnace.
- <sup>4</sup>My heart is struck down like grass and has withered;  
I forget to eat my bread.
- <sup>5</sup>Because of my loud groaning  
my bones cling to my flesh.
- <sup>6</sup>I am like a desert owl of the wilderness,  
like an owl of the waste places;
- <sup>7</sup>I lie awake;  
I am like a lonely sparrow on the housetop.
- <sup>8</sup>All the day my enemies taunt me;  
those who deride me use my name for a curse.
- <sup>9</sup>For I eat ashes like bread  
and mingle tears with my drink,
- <sup>10</sup>because of your indignation and anger;  
for you have taken me up and thrown me down.
- <sup>11</sup>My days are like an evening shadow;  
I wither away like grass.
- <sup>12</sup>But you, O LORD, are enthroned forever;  
you are remembered throughout all generations.
- <sup>13</sup>You will arise and have pity on Zion;  
it is the time to favor her;  
the appointed time has come.
- <sup>14</sup>For your servants hold her stones dear  
and have pity on her dust.
- <sup>15</sup>Nations will fear the name of the LORD,  
and all the kings of the earth will fear your glory.
- <sup>16</sup>For the LORD builds up Zion;  
he appears in his glory;
- <sup>17</sup>he regards the prayer of the destitute  
and does not despise their prayer.
- <sup>18</sup>Let this be recorded for a generation to come,  
so that a people yet to be created may praise the LORD:
- <sup>19</sup>that he looked down from his holy height;  
from heaven the LORD looked at the earth,
- <sup>20</sup>to hear the groans of the prisoners,

to set free those who were doomed to die,  
<sup>21</sup> that they may declare in Zion the name of the LORD,  
and in Jerusalem his praise,  
<sup>22</sup> when peoples gather together,  
and kingdoms, to worship the LORD.

<sup>23</sup> He has broken my strength in midcourse;  
he has shortened my days.

<sup>24</sup> "O my God," I say, "take me not away  
in the midst of my days—  
you whose years endure  
throughout all generations!"

<sup>25</sup> Of old you laid the foundation of the earth,  
and the heavens are the work of your hands.

<sup>26</sup> They will perish, but you will remain;  
they will all wear out like a garment.

You will change them like a robe, and they will pass away,  
<sup>27</sup> but you are the same, and your years have no end.

<sup>28</sup> The children of your servants shall dwell secure;  
their offspring shall be established before you.