

## Psalm 102

*A prayer of a suffering person who is weak and pours out his lament before the Lord.*

- 1 LORD, hear my prayer;  
**let my cry for help come before you.**
- 2 Do not hide your face from me in my day of trouble.  
**Listen closely to me; answer me quickly when I call.**
- 3 For my days vanish like smoke,  
**and my bones burn like a furnace.**
- 4 My heart is suffering, withered like grass;  
**I even forget to eat my food.**
- 5 Because of the sound of my groaning,  
**my flesh sticks to my bones.**
- 6 I am like an eagle owl,  
**like a little owl among the ruins.**
- 7 I stay awake;  
**I am like a solitary bird on a roof.**
- 8 My enemies taunt me all day long;  
**they ridicule and use my name as a curse.**
- 9 I eat ashes like bread  
**and mingle my drinks with tears**
- 10 because of your indignation and wrath;  
**for you have picked me up and thrown me aside.**
- 11 My days are like a lengthening shadow,  
**and I wither away like grass.**
- 12 But you, LORD, are enthroned forever;  
**your fame endures to all generations.**
- 13 You will rise up and have compassion on Zion,  
**for it is time to show favor to her —the appointed time has come.**
- 14 For your servants take delight in its stones  
**and favor its dust.**
- 15 Then the nations will fear the name of the LORD,  
**and all the kings of the earth your glory,**

- 16 for the LORD will rebuild Zion;  
**he will appear in his glory.**
- 17 He will pay attention to the prayer of the destitute  
**and will not despise their prayer.**
- 18 This will be written for a later generation,  
**and a people who have not yet been created will praise the LORD:**
- 19 He looked down from his holy heights —  
**the LORD gazed out from heaven to earth —**
- 20 to hear a prisoner’s groaning,  
**to set free those condemned to die,**
- 21 so that they might declare the name of the LORD in Zion  
**and his praise in Jerusalem**
- 22 when peoples and kingdoms are assembled  
**to serve the LORD.**
- 23 He has broken my strength in midcourse;  
**he has shortened my days.**
- 24 I say, “My God, do not take me in the middle of my life!  
**Your years continue through all generations.**
- 25 Long ago you established the earth,  
**and the heavens are the work of your hands.**
- 26 They will perish, but you will endure;  
**all of them will wear out like clothing.**
- You will change them like a garment, and they will pass away.  
**27 But you are the same, and your years will never end.**
- 28 Your servants’ children will dwell securely,  
**and their offspring will be established before you.”**