

## *PSALM 102*

This psalm has two main sections. The first is found in verses 1-11, where the Psalmist's sorrow rules the day. The second is found in verses 12-28, where a vision of better things is in view, for Yahweh is gracious and cares for his people. The best of men are not always able to stem the torrent of sorrow. Even when Jesus is on board, the vessel may fill with water and begin to sink (Matt. 8:23-27). But like a stormy day with intervening periods of sunshine, it finally closes with a brilliant sunset.

### **A Prayer of the Afflicted when he is faint and pours out his complaint before the YAHWEH.**

- 1 Hear my prayer, O YAHWEH, and let my cry for help come to You!
- 2 Do not hide Your face from me in the day of my distress;  
incline Your ear to me; in the day when I call answer me quickly.
- 3 For my days have been consumed in smoke,  
and my bones have been scorched like a hearth.
- 4 My heart has been smitten like grass and has withered away,  
indeed, I forget to eat my bread.
- 5 Because of the loudness of my groaning my bones cling to my flesh.
- 6 I resemble a pelican of the wilderness; I have become like an owl of the waste places.
- 7 I lie awake, I have become like a lonely bird on a housetop.
  
- 8 My enemies have reproached me all day long;  
those who deride me have used my *name* as a curse.
- 9 For I have eaten ashes like bread and mingled my drink with weeping
- 10 because of Your indignation and Your wrath,  
for You have lifted me up and cast me away.
- 11 My days are like a lengthened shadow, and I wither away like grass.
  
- 12 But You, O YAHWEH, abide forever, and Your name to all generations.
- 13 You will arise *and* have compassion on Zion;  
for it is time to be gracious to her, for the appointed time has come.
- 14 Surely Your servants find pleasure in her stones and feel pity for her dust.
- 15 So the nations will fear the name of YAHWEH and all the kings of the earth Your glory.
- 16 For YAHWEH has built up Zion; He has appeared in His glory.
- 17 He has regarded the prayer of the destitute and has not despised their prayer.
  
- 18 This will be written for the generation to come,  
that a people yet to be created may praise YAHWEH.

19 For He looked down from His holy height; from heaven the LORD gazed upon the earth,  
20 to hear the groaning of the prisoner, to set free those who were doomed to death,  
21 that *men* may tell of the name of YAHWEH in Zion and His praise in Jerusalem,  
22 when the peoples are gathered together, and the kingdoms, to serve YAHWEH.

23 He has weakened my strength in the way; He has shortened my days.

24 I say, “O my God, do not take me away in the midst of my days,  
Your years are throughout all generations.

25 “Of old You founded the earth, and the heavens are the work of Your hands.

26 “Even they will perish, but You endure; and all of them will wear out like a garment;  
like clothing You will change them and they will be changed.

27 “But You are the same, and Your years will not come to an end.

28 “The children of Your servants will continue,  
and their descendants will be established before You.”

#### PRAYER

*Almighty God, have pity on us according to your infinite loving-kindness. We too often despair when afflictions and troubles come our way, and our faith seems so little. Enable us to put aside all dreary thoughts and look up to Jesus, who is able to sympathize with us in all our tribulations, for he experienced them in much greater degree than we have or ever will. We cast all our cares upon you this day, heavenly Father, and trust in your divine providence to bring us safely to our eternal rest through the merits of our great Redeemer. Intercede for us, Lord Jesus. Amen.*