



**Prayer Guide: Psalm 102**

**By Daniel Henderson (Praying the Psalms Copyright © 2023) at [strategicrenewal.com](http://strategicrenewal.com)**

Psalm 102 (ESV)

A PRAYER OF ONE AFFLICTED, WHEN HE IS FAINT AND POURS OUT HIS COMPLAINT  
BEFORE THE LORD.

1 Hear my prayer, O LORD;  
let my cry come to you!

2 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!

3 For my days pass away like smoke,  
and my bones burn like a furnace.

4 My heart is struck down like grass and has withered;  
I forget to eat my bread.

5 Because of my loud groaning  
my bones cling to my flesh.

6 I am like a desert owl of the wilderness,  
like an owl of the waste places;

7 I lie awake;

I am like a lonely sparrow on the housetop.

8 All the day my enemies taunt me;  
those who deride me use my name for a curse.

9 For I eat ashes like bread  
and mingle tears with my drink,

10 because of your indignation and anger;  
for you have taken me up and thrown me down.

11 My days are like an evening shadow;  
I wither away like grass.

12 But you, O LORD, are enthroned forever;  
you are remembered throughout all generations.

13 You will arise and have pity on Zion;  
it is the time to favor her;

the appointed time has come.

14 For your servants hold her stones dear  
and have pity on her dust.

15 Nations will fear the name of the LORD,  
and all the kings of the earth will fear your glory.

16 For the LORD builds up Zion;  
he appears in his glory;

17 he regards the prayer of the destitute

and does not despise their prayer.  
18 Let this be recorded for a generation to come,  
so that a people yet to be created may praise the LORD:  
19 that he looked down from his holy height;  
from heaven the LORD looked at the earth,  
20 to hear the groans of the prisoners,  
to set free those who were doomed to die,  
21 that they may declare in Zion the name of the LORD,  
and in Jerusalem his praise,  
22 when peoples gather together,  
and kingdoms, to worship the LORD.  
23 He has broken my strength in midcourse;  
he has shortened my days.  
24 “O my God,” I say, “take me not away  
in the midst of my days—  
you whose years endure  
throughout all generations!”  
25 Of old you laid the foundation of the earth,  
and the heavens are the work of your hands.  
26 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,  
27 but you are the same, and your years have no end.  
28 The children of your servants shall dwell secure;  
their offspring shall be established before you.

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## **REVERENCE**

### ***God's Praiseworthy Attributes:***

God is on His throne forever - v.12

He has pity on His people - V.13

He regards the prayers of the destitute - v.17

God looks down from His throne and sets us free from death - vv.19-20

God laid the foundations of the heavens and the earth - v.25

God will remain, for His years have no end - v.27

### ***Possible Prayer Prompts:***

Lord, I think You that you had pity on me when...

Thank You that You regard my cry, even when I complain about...

You have freed me from...

You remain the same when I waver in my...

## **RESPONSE**

I confess I am questioning You about...

Help, for I am wary because...

I have allowed...to overwhelm me.

## **REQUESTS**

I call out for You to strengthen me in my weakness of...

I need You to remind me that You are stronger than...

Lord, free me from...

**READINESS**

Today, I will go forth with Your strength in my weakness of...

I acknowledge You are on Your throne, so I find rest knowing that...

Memorize and meditate on v.12