

Poems, Prayers & Promises



A Sufferer's Prayer



Psalm 102:0 (CSB)

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

Catechism 84: What is prayer?

Prayer is conversation with God in which believers **pour out** our hearts to God in the name of Christ in praise, confession of sin, petition, and thanksgiving, and through which our desires are changed to conform with the will of God.

Psalm 102 (CSB)

⁰ 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.

Psalm 102 (CSB)

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.

Psalm 102 (CSB)

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

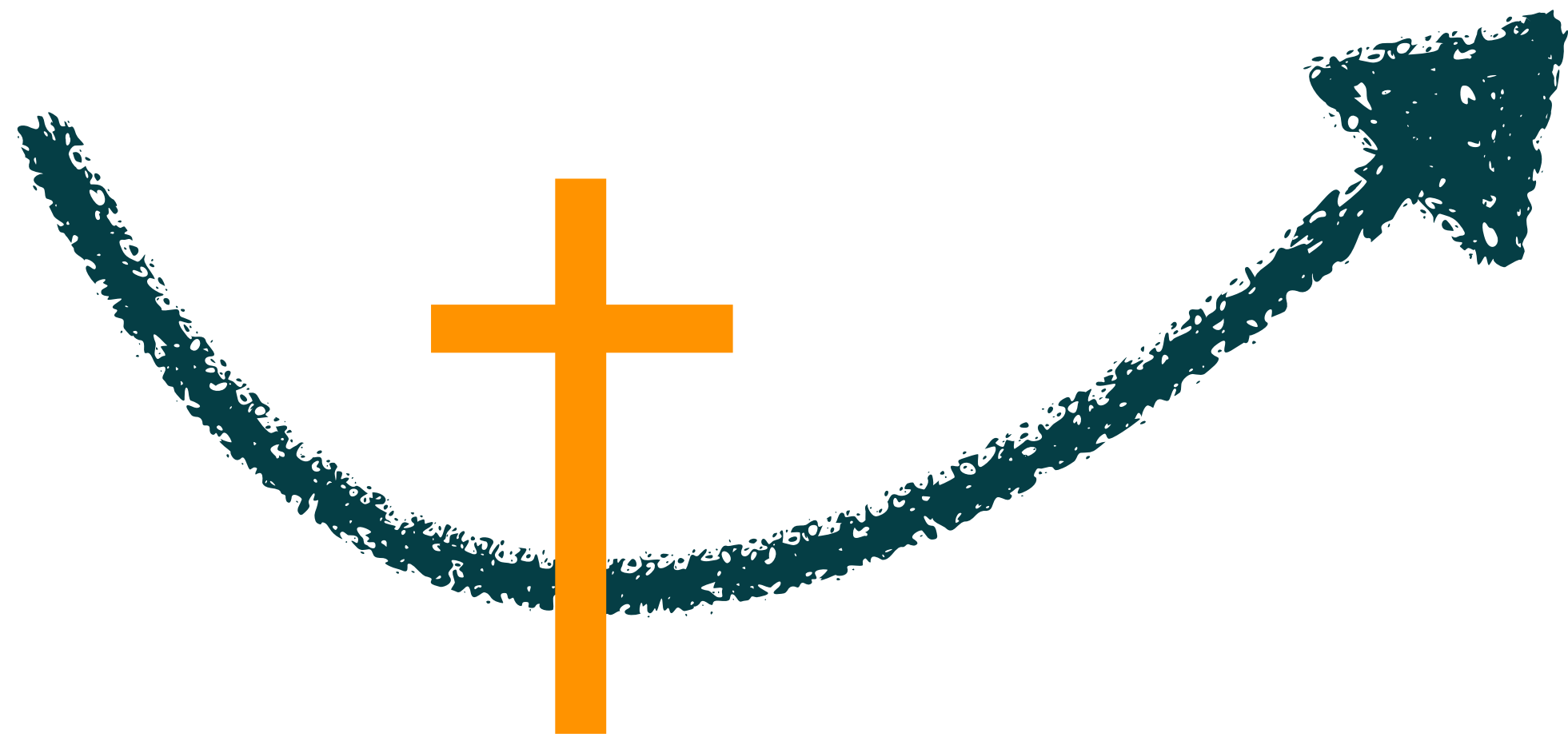
Psalm 102 (CSB)

²² when peoples and kingdoms are assembled to serve the LORD.

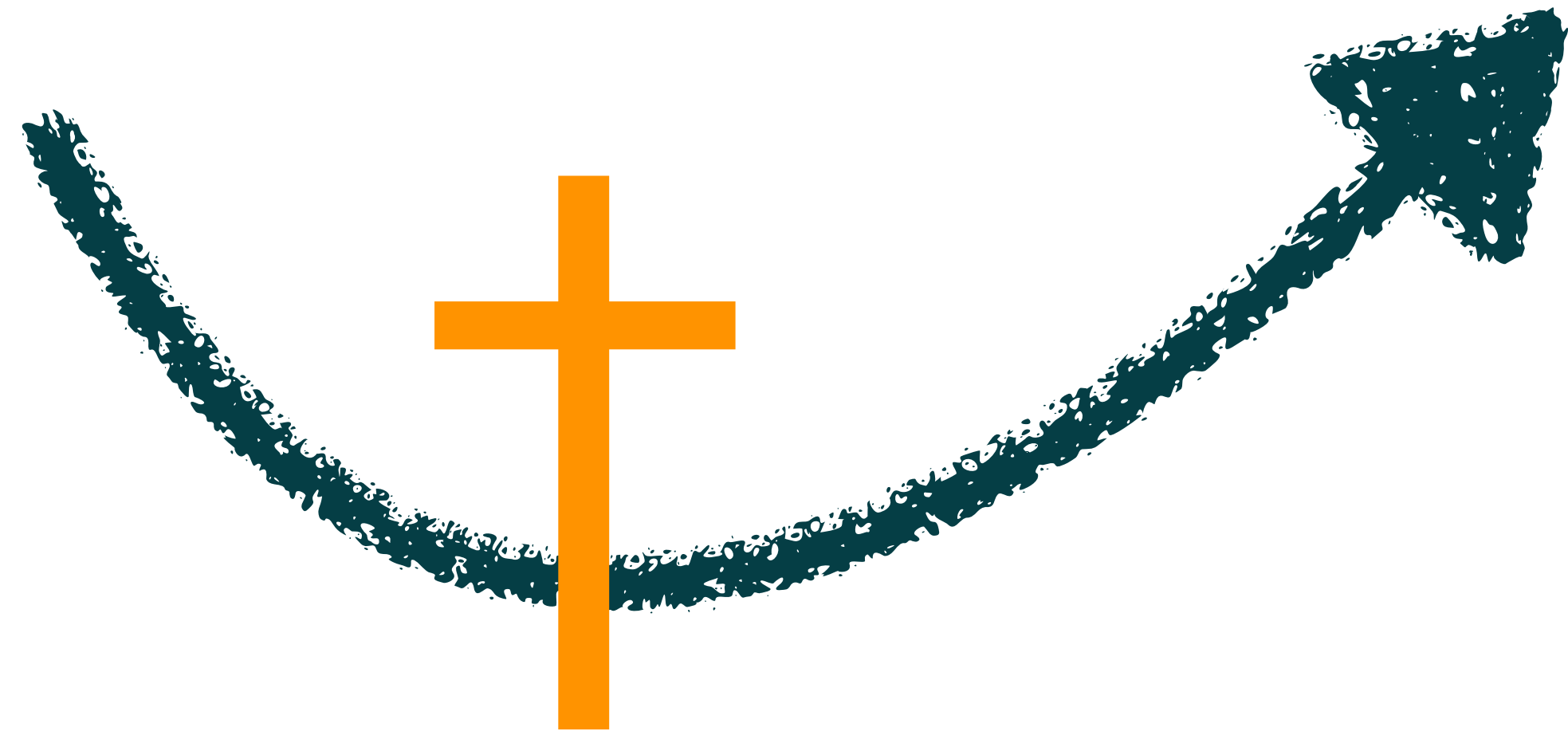
²³ He has broken my strength in midcourse; he has shortened my days. ²⁴ I say, “My God, do not take me in the middle of my life! Your years continue through all generations. ²⁵ Long ago you established the earth, and the heavens are the work of your hands. ²⁶ They will perish, but you will endure; all 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

1 Peter 5:6–7 (CSB)

⁶ **Humble yourselves**, therefore, under the mighty hand of God, **so that he may exalt you** at the proper time, ⁷ casting all your cares on him, because he cares about you.

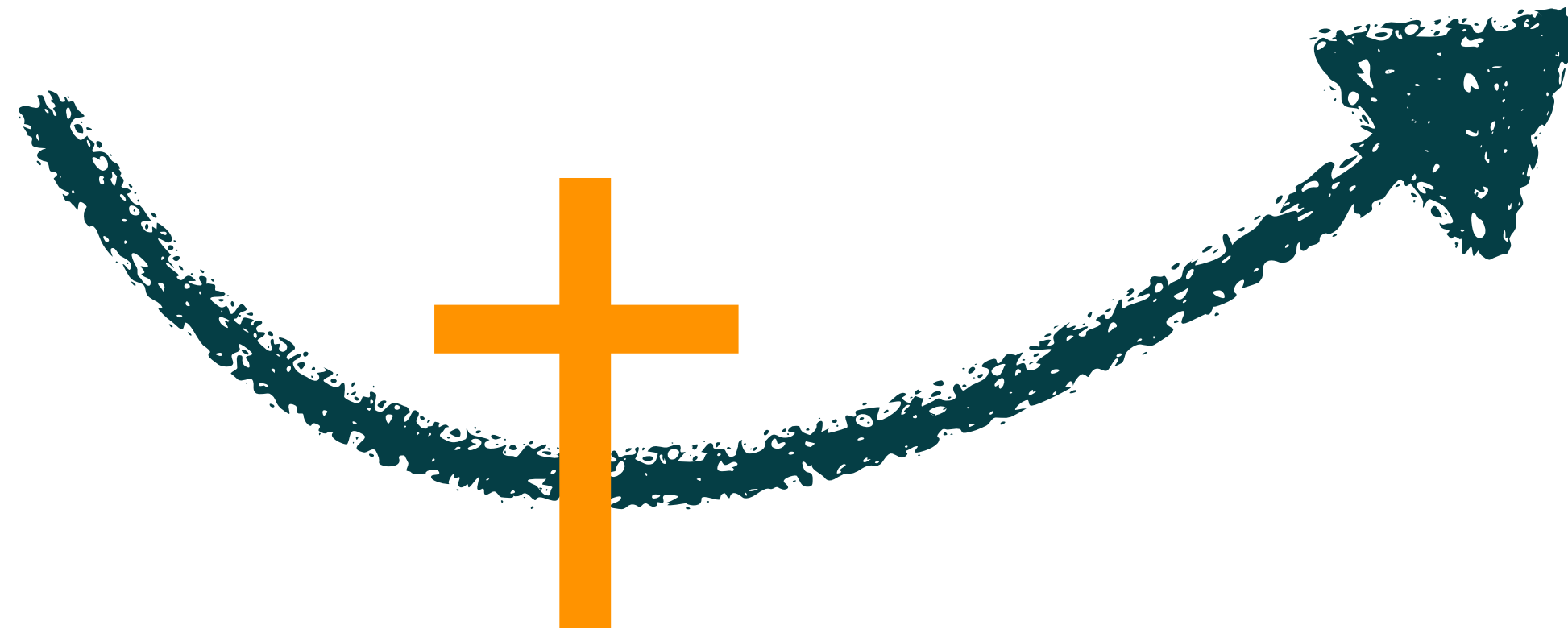


The Pattern of Lament, The Pattern of the Life of Faith



Philippians 3:8–11 (CSB)

⁸ I also consider everything to be a loss in view of the surpassing value of knowing Christ Jesus my Lord. Because of him I have **suffered the loss of all things** and consider them as dung, **so that I may gain Christ** ⁹ **and be found in him. . . .** ¹⁰ My goal is to know him and **the power of his resurrection and the fellowship of his sufferings, being conformed to his death,** ¹¹ **assuming that I will somehow reach the resurrection from among the dead.**



Psalm 102:0–2 (CSB)

⁰ 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.

Psalm 102:3–11 (CSB)

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.

Psalm 102:12–14 (CSB)

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.

Psalm 102:12–17 (CSB)

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.

Psalm 102:18–22 (CSB)

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.

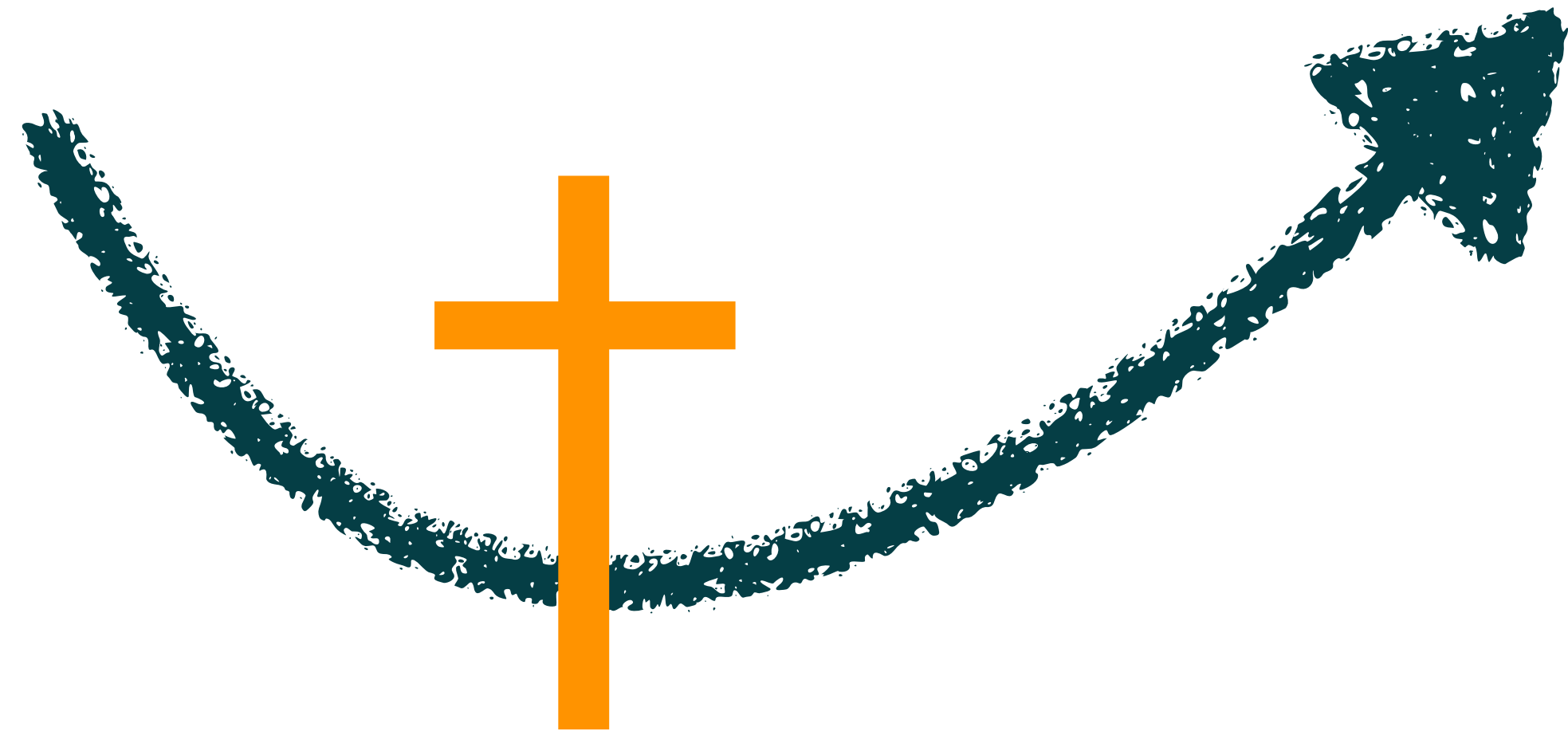
Hebrews 11:13–16 (CSB)

¹³ These all died in faith, although they had not received the things that were promised. But they saw them from a distance, greeted them, and confessed that they were foreigners and temporary residents on the earth. ¹⁴ **Now those who say such things make it clear that they are seeking a homeland.** ¹⁵ If they were thinking about where they came from, they would have had an opportunity to return. ¹⁶ But **they now desire a better place—a heavenly one. Therefore, God is not ashamed to be called their God, for he has prepared a city for them.**

Psalm 102:23–28 (CSB)

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.”

The Pattern of Lament, The Pattern of the Life of Faith



Applying the Word



The
Table
of
Exchange

