### Psalms

## Chapter 102

A prayer for the poor when they’re discouraged and come before Jehovah to pour out their hearts.   
  
  
  
  
1Please hear my prayer, O Jehovah…  
 Please listen to my cries when I come before You.  
 2Don’t turn Your face when I need You,  
 But incline Your ear closer to me…  
 Whenever I call, please respond!  
  
3For my days have passed by like smoke,  
 And my bones are parched like dry twigs.  
 4Like grass, I’ve been mowed down,  
 So my heart forgets to eat bread.  
  
5My bones stick out from my flesh,  
 And they’re [tired] of the sounds of my groaning.  
 6Like a pelican, I [travel] alone…  
 I’ve become like the owl in its range.  
  
7Sleepless, [I lie throughout the whole night],  
 And I live like a sparrow alone on the roof.  
 8All day, my enemies berate me,  
 And those who once praised me now swear oaths against me.  
  
9Ashes, I’ve eaten for bread,  
 And my drink has become my own tears.  
 10For, with the anger and rage of Your face,  
 You lifted me up and then broken me down.  
  
11Like shadows, my days have declined,  
 And I’ve dried up like hay.  
 12But You, O Lord, live throughout ages…  
 From generation to generation, You’re remembered.  
  
13So arise and feel pity for Zion,  
 Since the time for its pity is due.  
 14To Your servants, her stones are all very dear,  
 And over her dust, they feel sorrow.  
  
15O Lord,  
  
Among all the nations, Your Name is revered,  
 And all kings of the earth speak of Your glory.  
 16For Jehovah will rebuild Zion once more,  
 And there, He will appear in His glory.  
  
17He [hears] the prayers of the humble,  
 And He has no contempt for the things they request.  
 18So, let this be written for each generation,  
 Then those born anew will all praise the Lord.  
  
19Jehovah looks down from His home in the heights…  
 He sees the earth from the heavens.  
 20From there, He hears the moans of the shackled,  
 And He releases the sons of the condemned.  
  
21In Zion, announce the Name of the Lord,  
 And shout His praises in JeruSalem!  
 22For, all the peoples, as well as their kings,  
 Will soon be serving Jehovah.  
  
23Then, in His mighty way, He will speak  
 And tell me how few of my days yet remain.  
 24But, please don’t [give me] just half of my days;  
 For Your years are throughout generations.  
  
  
[Editor note: Verses 25 to 27 are applied to Jesus at Hebrews 1:10-12, so for the remainder of this Psalm, we haven’t capitalized the words ‘you,’ ‘him,’ and ‘your,’ which is normally done for God Almighty. Greek and Hebrew didn’t have capital letters back then.  
  
  
25In the beginning, Lord, you founded the earth,  
 And the heavens are the works of your hands.  
 26Yet, they’ll pass by, while you still remain,  
 And like clothes (an old robe), they’ll grow old.  
  
Then you’ll wrap them up and they will be changed.  
 27But, you’re the same, for your years don’t expire.  
 28So the sons of your servants will live in [your] camp,  
 And throughout ages, their offspring will remain.