

A prayer when you are wasting away

Psalms 102:1-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

How does the psalmist describe his body, and what does he still do in the middle of it?

2. What does it show me about people — and about myself?

When you have felt like this, did you pray about it or go quiet?

3. What will I obey this week? (a concrete step, with a day)

What honest thing about your health will you say to God this week, out loud?

4. Who will I tell?

Who could you give this psalm to, who has no words of their own right now?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Lord, this prayer does not pretend. Teach us to bring you the days when our bones burn and our bread tastes of ash, and to keep speaking to you in them.



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