



Week 1: Psalm 90

**HIS TIME**

Life is fleeting, and time swiftly passes. Psalm 90, the lone psalm credited to Moses, urges reflection on God's steadfastness amidst life's uncertainties. Scholars note a distinct shift within the psalm: verses 1–12 contemplate the contrast between human brevity and God's eternity, while verses 13–17 express corporate grief prompted by some unknown tragedy. The message of Psalm 90 is straightforward: your time on Earth is limited, and often painful, so use it wisely.

**THE SCRIPTURE: PSALM 90**

<sup>1</sup> Lord, you have been our dwelling place in all generations. <sup>2</sup> Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God. <sup>3</sup> You return man to dust and say, "Return, O children of man!" <sup>4</sup> For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night. <sup>5</sup> You sweep them away as with a flood; they are like a dream, like grass that is renewed in the morning: <sup>6</sup> in the morning it flourishes and is renewed; in the evening it fades and withers. <sup>7</sup> For we are brought to an end by your anger; by your wrath we are dismayed. <sup>8</sup> You have set our iniquities before you, our secret sins in the light of your presence. <sup>9</sup> For all our days pass away under your wrath; we bring our years to an end like a sigh. <sup>10</sup> The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away. <sup>11</sup> Who considers the power of your anger, and your wrath according to the fear of you? <sup>12</sup> So teach us to number our days that we may get a heart of wisdom. <sup>13</sup> Return, O Lord! How long? Have pity on your servants! <sup>14</sup> Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days. <sup>15</sup> Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil. <sup>16</sup> Let your work be shown to your servants, and your glorious power to their children. <sup>17</sup> Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!

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## LIFEGROUP QUESTIONS: WEEK 1

### OPENING QUESTIONS

1. When you were growing up, at what age did you think someone was 'old'? And how do you feel about that perception now?
2. What are one or two more things you'd like to see or experience before you finish your life?

### DIVING DEEPER

3. Examine closely the contrast that's being made in v1-2 and v3-6. What is that contrast, and why do you think Moses draws our attention to it?
4. As you re-read this psalm highlight or indicate where Moses makes note of God's characteristics. Make a list of those qualities below.
5. Consider that God is "from everlasting" and has existed for eternity past. How can this truth impact us today?
6. In describing humanity, what expressions or comparisons does Moses use to help us understand our lifespan?
7. Consider John 17:24 and 1 Thessalonians 4:17. Besides God's eternal nature, the Bible also asserts our eternal life, a truth particularly cherished by Christians. What, from these verses, indicates why this so special for believers?
8. Take a look at Psalm 90:8. In a time when some doubt God's concern for our daily lives, this verse presents a contrasting view. How does it do so?

9. Consider Psalm 90:11. Why is it that so many do not consider God's wrath and judgment?
10. Using your own words, re-write and personalize verse 12.
11. How can you intentionally and practically "number your days" in light of Psalm 90? How would this help you to gain a heart of wisdom?
12. Psalm 90 closes with a prayer to "establish the work of our hands?" Read 1 Corinthians 3:12-15. What type of work will be established and what type of work will fade and disappear?
13. Within the passage what expressions does Moses utilize to help describe the passage of years?