

PSALMS

A Worship Discussion Guide for Individuals, Groups & Families For the week of July 30, 2023

Read the Bible passage aloud in your group meeting. This is a worship discussion guide, and our reflections and applications are grounded in Scripture. You do not need to work through the whole guide. Decide which points would be most helpful for your meeting, and use them as a starting point for your time together.

Warm Up

- Share a time where you were humbled.

Psalm 90

A Prayer of Moses, the man of God.

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

From Everlasting to Everlasting

- Who is the author of Psalm 90? What do you know about him? Read [Numbers 14:26-38](#) to learn more about the likely situation in which he prayed this prayer.
- How would you describe the general tone of this Psalm? What phrases and images communicate this tone?
- In v.12, what does Moses want God to teach him? Why?
- The Lord instructs us to number our days throughout Psalm 90. Which image or point strikes a chord with you today? Why?
- What does Psalm 90 teach us about what a heart of wisdom (12) looks like?
- Share a particular time the Lord led you to number your days.
- Moses prays for the Lord to meet us and sustain us in affliction and suffering (15). Can you share a time when the Lord met you in similar circumstances?
- Psalm 90 points us to Jesus Christ. Jesus humbly submitted to the finite span of a human life, suffering our affliction, death, and even the wrath of God ([Philippians 2:1-11](#)). What blessings has that given to His followers that Moses prayed for?
- Does this Psalm raise any questions for you that you would like to ask the group and bring to the Lord in prayer?
- Read the Psalm together again, and use it as a guide for a time of prayer.

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Questions? Contact Pastor Kevin Greene,
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