

Looking Up When You're Feeling Down

Proclamation Wednesday Gathering; Psalm 90:1-17; Week of Sunday, August 27, 2018; Guest Preacher Mike Ambrose

Sermon Theme: Because God is holy, and we are sinful, life is short and hard. But faith in Jesus Christ, our Eternal Savior, brings hope to our lives and meaning to all our struggles.

I. Confessing God's Greatness – Read Psalm 90:1-2

- A. Notice how Moses' prayer begins by acknowledging who God is and what He's like. How can remembering that God has "been our dwelling place in all generations" help you when going through a difficult time? What attributes of God do you need to remember when you pray?
- B. How is it helpful to know that the Lord is from Everlasting to Everlasting?
- C. When life is hard, how can believers find strength in the eternal power and greatness of God?

II. Recognizing Human Frailty – Read Psalm 90:3-6

- A. More than once in this Psalm (verses 3-6 and verse 10), Moses reflects on the brevity of human life. Why is it important for us to keep that in mind?
- B. What contrasts can you make between God and man? Why are they helpful? How does Isaiah 55:6-9 help us fill in some of those differences and why they are helpful to remember?
- C. How can our humble perspective of humanity shape our understanding and pursuit of God?

III. Acknowledging Our Sin – Read Psalm 90:7-11

- A. What do we learn about God and His attributes from verses 7-11?
- B. Are our secret sins truly secret? How does meditating on the greatness, the eternity, and the justice of God help us to put sin to death so that we might live righteously for the Lord?
- C. What do you think it looks like to truly fear God? How would you like to grow in this?

IV. Seeking Eternal Glory - Read Psalm 90:12-17

- A. The first actual request in this Psalm doesn't come until verse 12. How can "numbering our days" help us to live more wisely? What do you think it would look like to grow in this idea?
- B. In verses 13-17, Moses asks that the long period of God's discipline (likely 40 years) would end. When God's discipline in your life is long and hard, how can this Psalm encourage you? How are Hebrews 12:1-11 or 2 Corinthians 4:16-18 helpful in think through this idea?
- C. How is verse 14 the key to having a joy-filled life? What do you think it is in this season of life that prevents you the most often from satisfying yourself in the steadfast love of the Lord?