REFLECTION QUESTION

READ Psalm 90:16-17. Our lives are all about God's work and contributions, and not ours. It's His work, His glory, and His favour to be upon us, and manifested in and through us. Meaning, the only work that lasts and has any value, is that which God establishes, ordains, and sustains in us. But yet, every fiber of our human condition says, "but what about me?" Why is this? What can we do to reorient ourselves back to the Lord's desires?

MESSAGE NOTES:

HEIDELBERG CATECHISM Q&A#1

Q. WHAT IS YOUR ONLY COMFORT IN LIFE AND DEATH?

A. That I am not my own, but belong with body and soul, both in life and in death, to my faithful Saviour Jesus Christ.

He has fully paid for all my sins with his precious blood, and has set me free from all the power of the devil.

He also preserves me in such a way that without the will of my heavenly Father not a hair can fall from my head; indeed, all things must work together for my salvation. Therefore, by his Holy Spirit he also assures me of eternal life and makes me heartily willing and ready from now on to live for him.

WEEKLY BIBLE READING PLAN

Used from the READ SCRIPTURE APP, availbale on both Android and Apple devices.

October 5: Luke 23-24 | Psalm 119:129-152 October 6: Acts 1-2 | Psalm 119:153-176

October 7: Acts 3-4 | Psalm 120

October 8: Acts 5-6 | Psalm 121

October 9: Acts 7-8 | Psalm 122

October 10: Acts 9-10 | Psalm 123

October 11: Acts 11-12 | Psalm 124

LIFE GROUPS | DISCUSSION QUESTIONS

OCTOBER 5 - OCTOBER 11, 2025 | WEEK #2

GETTING TO KNOW YOU

1. What is a gift you have received, that you will never forget?

2. What is the most significant anniversary you've celebrated (whether relationship, career, life milestone, etc.)?

DIGGING DEEPER

- **1.** <u>READ Psalm 90:1-4</u>. Moses likely wrote this Psalm while leading the Nation of Israel in the wilderness, how would these words have spoken to Israel in the wilderness?
- <u>READ Deuteronomy 33:27a, John 15:4, & Revelation 21:3</u>. How does the language of God being our "dwelling place" or "refuge," strike us today?

2. <u>READ Psalm 90:1-11</u>. Psalm 90 contrasts the everlasting and timeless nature of God with the brevity and frailty of humanity. Where and how in this text do you see Moses making this contrast?

• **READ John 11:25-27**. How does Psalm 90's view of human frailty prepare us to understand the hope of eternal life in Christ?

3. <u>READ Psalm 90:12-17</u>. After contrasting God's eternal presence and human brevity, Moses prays. What are the main requests that he offers to the Lord? What do you understand Moses to be praying for?

• What might it look like for God to answer these same prayers in our lives today?

QUICK REVIEW

- 1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged, or confused you?
- 2. On Sunday morning, Pastor Bert said, "Because the heart of God Himself has been and remains our home address, we have all reason to celebrate this significant anniversary." How have you seen God work in and though our church in your time with us?

READ SCRIPTURE

READ Psalm 90

- 1. How does this passage highlight God's presence in our world?
- 2. What does this passage say about our broken human condition?
- 3. How does this passage call me to make change in my life?

TAKING IT HOME

READ Acts 17:28, Romans 11:36, Heidelberg Catechism Q&A#1. (See reverse for Q&A#1) Christians are to find their belonging nature completely in God and within His care. How can we be confident that we're doing that?