

Living Purposefully
Psalm 90
Pastor Gerald L. Stigall
Psalms in the Key of Life, pt. 6
July 28, 2019

Introduction:

According to James, God entrusts to us various tests in order that we might glorify God and as persons to become mature, complete, and lacking in nothing. Consider James 1:2-4, I Peter 1:6-7, Deuteronomy 8:2.

Introduce Psalm 90

Moses writes this psalm nearing the end of his life. In his prayer to the Lord, he reminds the people of the secret of living intentionally, purposefully. He talks about the importance of living purposefully. He explains how we can intentionally triumph through the trials of life.

I. Look to the past and affirm the faithfulness of God (vss. 1-9) .

II. Live in the present and receive each day as a gift (v. 12).

If your age is **15** the time is **10:25 a.m.**

20 the time is **11:34 a.m.**

30 the time is **3:51 p.m.**

40 the time is **4:08 p.m.**

50 the time is **6:25 p.m.**

60 the time is **8:42 p.m.**

65 the time is **10:30 p.m.**

70 the time is **11:00 p.m.** ¹

III. Live toward the Future and face it with bright hope (vss. 16-17).

Conclusion/Application:

¹ Thought by Leslie Weatherhead

Digging Deeper

Psalm 90

Open It

1. What are some of the things you'd like to do in the next five years? Next ten years? Before you die?
2. Before you die, what is one: Book you'd like to read? Place you'd like to go? Deed you'd like to do?

Explore It

1. What is the theme of this prayer? (90:1-17)
2. How does this prayer reveal Moses' humility? (90:1-17)
3. What picture does this psalm paint about our state before God? (90:1-17)
4. What caused Moses to turn to God for help? (90:1-17)
5. What does God's holy light reveal? (90:8)
6. How does this psalm depict the lives of people? (90:9-10)
7. What did Moses want the Lord to teach him? Why? (90:12)
8. What prayer concludes the psalm? (90:13-17)
9. What promise did Moses make to God in return for His compassion? (90:14)

Get It

1. What does the psalm teach us about the attitude we should have toward ourselves? Toward God?
2. How does this passage challenge us to depend on God rather than rely on our own abilities and strength?
3. According to the writer of this psalm, how can we "gain a heart of wisdom"?
4. What does it mean to "number our days"?
5. What should motivate us to turn to God for help?
6. How does remembering God's help in the past encourage you to trust Him with your future?
7. What fears do you have about your future?
8. How should you deal with your fears in light of this passage?

Apply It

1. How could you remind yourself of God's past faithfulness more often?
2. What change do you need to make in your attitudes or actions to show God the respect and honor He deserves?
3. What concrete action could you take this week to entrust the Lord with your future?