

December 31, 2017
Psalm 90:1-12

NUMBERING OUR DAYS

I. Introduction: A Spiritual Inventory

- Does your life resemble that of Jesus more today than last year at this time?
- Have you grown in your understanding and knowledge of God?
- How have your quiet times been this past year? Have they been good and consistent?
- Do you have a better grasp of the Word of God today than you did a year ago?
- Have you been obedient to apply what you have learned?
- Have you been a witness to God's love and truth to those you meet?
- Does your life reflect the fact that you have met Jesus and that a non-believer would know that you are a Christian by the way you live?
- How is your prayer life? Have you spent quality time listening to God and praising God for who He is, thanking him and praising him for the blessings He has shown you, and have you spent time praying for the needs of your family friends, church, community and the world?

So I will always **remind** you of these things, even though you know them and are firmly established in the truth you now have. [13] I think it is right to **refresh your memory** as long as I live in the tent of this body, [14] because I know that I will soon put it aside, as our Lord Jesus Christ has made clear to me. [15] And I will make every effort to see that after my departure you will always be able to **remember** these things. 2 Peter 1:12-15

Psalm 90:12: Moses prays that the Lord would teach us to **number our days**.

II. Three Things To Help Us Number Our Days

A. Remember we can't count on the future with any _____

"The grass withers and the flowers fall, because the breath of the Lord blows on them. Surely the people are grass [8] The grass withers and the flowers fall, but the word of God stands forever." Isaiah 40:7-8

"Why, do you not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes."
James 4:14

B. Remember, a day is lost that does not add to our _____ of God and His _____

"The length of our days is seventy, or eighty if we have strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away." Psalm 90:10

C. Remember the Bible is explicit about the importance of the _____

"Do not worry about tomorrow, today has enough cares of its own." Matthew 6:34

"Now is the time of God's favor, now is the day of salvation." 2 Corinthians 6:2

POINTS TO PONDER
Week of December 31st to January 6th
Psalm 90:1-17

Open It

1. What do you think of when you hear the phrase, "One thousand years"?

2. What are some of the things you'd like to do in the next five years? Next ten years? Before you die?
3. *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

4. What mercies from God did Moses recall? (90:1-2)
5. What is the theme of this prayer? (90:1-17)
6. *How does this prayer reveal Moses' humility? (90:1-17)
7. *What picture does this psalm paint about our state before God? (90:1-17)
8. What caused Moses to turn to God for help? (90:1-17)
9. How did Moses describe humankind's condition under God's wrath? (90:3-10)
10. What imagery is used to highlight humankind's insignificance and God's greatness? (90:4-6)
11. How did Moses feel about God's judgment? (90:7-9)
12. What does God's holy light reveal? (90:8)
13. How does this psalm depict the lives of people? (90:9-10)
14. *What did Moses want the Lord to teach him? Why? (90:12)
15. What prayer concludes the psalm? (90:13-17)
16. What promise did Moses make to God in return for His compassion? (90:14)

Get It

17. What does the psalm teach us about the attitude we should have toward ourselves? Toward God?

18. What builds a person's self-esteem?
19. What destroys a sense of self-worth?
20. How can we balance a healthy self-esteem with a humble attitude?
21. *How does this passage challenge us to depend on God rather than rely on our own abilities and strength?
22. In what way should we depend on God?
23. According to the writer of this psalm, how can we "gain a heart of wisdom"?
24. What does it mean to "number our days"?
25. How much longer do you expect to live?
26. What should motivate us to turn to God for help?
27. *How does remembering God's help in the past encourage you to trust Him with your future?
28. What fears do you have about your future?
29. How should you deal with your fears in light of this passage?

Apply It

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