

COMMUNITY BIBLE CHURCH

PSALMS-LESSON 16

WEEK OF JANUARY 18–JANUARY 23

PSALM 90

TEACH US TO NUMBER OUR DAYS

Psalm 90 is the only psalm written by Moses, making it the oldest of psalm in the psalter. Moses may have written this Psalm after the nation rebelled in unbelief at Kadesh-Barnea as recorded in **Numbers 13-14**. God announced in **Numbers 14:29** that everyone 20 years and older would die in the desert over the next forty years. In **Numbers 20**, Moses did not obey God and God told him that Moses would not lead the nation into the promised land. It may be that as Moses reflected on the death of his generation, he was inspired by God to pen this Psalm.

“These sad events are reflected throughout the psalm. Yet **Psalm 90** does not have a defeated or bitter tone, only the recognition that man is frail and sinful and that he needs the eternal God as his only possible hope and home.” *Psalms Vol. 2*, James Montgomery Boyce, pg. 740

In **Psalm 90:1-11**, Moses reflects on the reality of God’s eternity and man’s frailty and brevity of our lives. In **verses 12-17** Moses records his prayers in light of the reality of our brief lives to serve the Lord.

As you read and meditate on the truths of **Psalm 90** ask God to cause you to pray as Moses did and then to live daily with these truths in mind.

Read Psalm 90:1-11 God’s Eternality and man’s brevity

1. How does Moses describe God’s eternity in **verse 2**?
2. In **verse 1**, what is God’s blessing to His redeemed? Read **Duet. 33:27** and **Psalm 91:1-2** for additional insight.

“Moses was aware, probably more than most of us, that life is uncertain at best. There is no permanence to be found in it. Nevertheless, he was also profoundly aware of God's existence, and he knew that God is the one foundation for everything.” *Boice*, p. 742

3. In **verse 3**, Moses shifts from God’s eternal nature to man’s frailty. From **Gen. 2:7** and **Gen.3:17- 9** explain the significance of the phrase “*turn man back into dust*”.
4. Compared with man’s perspective, in **verse 4** what is God’s perspective of time? See also **2 Peter 3:8**.
5. What is the point of the similes in **verse 5 and 6**?
6. From **verses 7-11**, what is the cause of the shortness of our lives?

[The fury or wrath described in verse 9] “does not apply to believers; Our days are passed amid the Lord's lovingkindness. David says, Surely goodness and mercy shall follow me all the days of my life.” (Psalm 23:6).”

The Treasury of David, C. H. Spurgeon, page 801

Read Psalm 90:12-17 Importance and Impact of Numbering Our Days

7. In **verses 12-17**, Moses makes several requests of the Lord in light of the truths expressed in **verses 1-11**. What does he pray in **verse 12**? What does he mean by “*numbering our days*”?

“A heart characterized by wisdom signifies a person who has the right affections and makes the proper choices—it is a life of faith.” ... “The prayer, then, is that in view of the brevity of life, people need to learn how to use what God has given them to live a righteous and productive life. This is the essence of wisdom that is from above, a wisdom that will enable sinful people to live above the effects of the curse and produce a life that is pleasing to God. The Psalms, Vol. 3, Allen P. Ross, p. 36-37

8. As Moses considered our frailty, sinfulness and brevity of our lives, what does Moses request in **verse 13**?
9. In **verses 14-15**, Moses wisely requests the Lord to satisfy us with His lovingkindness. What does seeking our satisfaction in God’s lovingkindness or unfailing love produce in our short lives? What does **1 John 2:15-17** teach us about seeking our greatest satisfaction in our circumstances, our accomplishments, our possessions or our relationships with others?
10. What does Moses request of the Lord in **verse 16**? As we see God answer that request, how does that increase our worship of the Lord?
11. As Moses is considering numbering his days, what does he request of the Lord in **verse 17**? How does **1 Cor. 15:58** encourage you to engage in the work of the Lord?
12. What time waster will you give up as you consider the brevity of your life and seek to number your days? As you start this new year, how will you invest your time, energy and resources in your service of the Lord, the proclamation of His gospel and the building up of His church?

“A short life should be wisely spent. We do not have enough time to justify mis-spending a single quarter of an hour, nor are we sure of enough life to justify procrastinating for a moment. If we were wise in heart, we would see this, but mere head wisdom will not properly guide us.” The Treasury of David, C.H. Spurgeon, p, 803

Therefore, be careful how you walk, not as unwise men but as wise. Making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is.
Ephesians 5:15-17