

Numbering our Days

Key Scriptures

Psalm 90:1-12 A Prayer of Moses, the man of God.

Lord, you have been our dwelling place in all generations.

² Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.

³ You return man to dust and say, "Return, O children of man!" ⁴ For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night.

⁵ You sweep them away as with a flood; they are like a dream, like grass that is renewed in the morning:

⁶ in the morning it flourishes and is renewed; in the evening it fades and withers.

⁷ For we are brought to an end by your anger; by your wrath we are dismayed.

⁸ You have set our iniquities before you, our secret sins in the light of your presence.

⁹ For all our days pass away under your wrath; we bring our years to an end like a sigh.

¹⁰ The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away.

¹¹ Who considers the power of your anger, and your wrath according to the fear of you?

¹² So teach us to number our days that we may get a heart of wisdom.

Key Point: Our days are numbered. Lord teach us to number our days that we would have a wise heart.

TALK IT OVER

Start talking: Pick a conversation starter for your group.

- If you only had two weeks to live, what is one thing you must do?
- Would you want to know the exact date you'll die? Why or why not?

Start thinking. Ask a question to get your group thinking.

- What does associating this psalm to Moses add to your appreciation and insight for it?
- Many scholars believe this psalm might be a response to the tragic decision Israel made at Kadesh Barnea. Read Numbers 13:17-14:39. How does this event help you understand Psalm 90?
- This psalm speaks about the shortness and preciousness of life. How can you invest your life rather than just spending it?

Start sharing. Choose a question to create openness.

- If the average lifespan in the U.S. is 75, (27,375 days) how many days do you have till you hit that mark?
- This psalm speaks about the shortness and preciousness of life. What are some things you need to do to better invest your time rather than just spending it?

Start praying. Be bold and pray with power.

- Are there any big decisions confronting you today? Ask God to enter into that decision and give you wisdom. Are you using your time in a way that you think is pleasing to the Lord? Pray that He will show you any course corrections you need to make, and give you courage to make them.

Start doing. Commit to a step and live it out this week!

- What are some time wasters you know you could/should eliminate in order to use your time in a better way? (Some ideas: Watching that "next episode", spending too much time on social media, games, web browsing, shopping . . .)