

# Sermon Discussion Guide

*Teach Us To Number Our Days*

Psalm 90

## Trust in the eternal God (1–2)

Ps. 102:25–28; 103:17; Deut. 33:27

- How does the fact that God does not change (he is immutable) encourage you?
- As our dwelling place, the Lord is our true source of safety and security. What are you tempted to look to for a sense of safety and security?

## Ponder the transitory nature of your life (3–12)

Gen. 3:19; Ps. 39:4; Isa. 40:6–8; Jas. 5:14

- Do you avoid thinking about your own mortality? Why?
- How does this psalm challenge you to think more deeply about the transitory nature of your life?
- What are your goals for the new year? Is growing in wisdom and in the fear of the Lord on the list?

## Seek God's mercy and grace (13–17)

Ex. 34:6–7; 1 John 4:10; 1 Cor. 15:58

- Does thinking about the brevity of life discourage you or drive you to seek God's mercy and grace?
- What is God's "steadfast love" (v. 14; see also Ex. 34:6–7)? Where, or in whom, do we see God's steadfast love most clearly?
- Do you find your daily work and responsibilities meaningful? Why or why not?
- How does Moses' prayer in verse 17 for God to establish our work (i.e. cause it to endure and be useful) encourage you to think differently about what God has called you to do in daily life?