

For All Our Days

Prayers and Praises to the God Who Lives Forever

A Study of Psalms 90 through 106

Kristie Gant

SAMPLE PAGES:

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Lesson Two

**Lesson Two Leader's Guide Notes
(available as a separate download)**

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About this Study

Changing world.

Unchanging God.

Changing circumstances.

Unchanging Word.

For All Our Days is an inductive-style Bible study of Psalms 90 through 106. Consisting of nine lessons, and designed to be completed in either nine or 18 weeks, this course takes us deep into the heart of the Old Testament, where we not only learn how to better love, worship, praise, serve, and live for the glory of our eternal God, but we find help for our faith, strength for our weaknesses, a voice for our fears, and unassailable hope . . . for all our changing days.

Frequently Asked Questions

What do I need to complete this course?

For this study, you will need a Bible and this course book. In addition, there are occasional optional assignments to complete word studies (looking up definitions for the Hebrew or Greek words used in the original Bible languages) or to consult a commentary. Many of these resources are available free online. See Appendix B for more information on word studies.

If I am doing this study with a group, but join late, do I have to start from the beginning?

Even though this is an in-depth study, every lesson can stand alone. When joining a class that is already in session, first complete *Days One and Two* of Lesson One. (This will give you a good introduction to the course.) When done, jump ahead to the lesson your group is currently completing. At the end of the course, you can come back to the beginning and work through any lessons you missed.

Why are there both two parts *and* five days of study?

The course is divided this way in order to accommodate different study preferences or needs. You can complete the course in two "parts" or five "days" of study per lesson by following the divisions that work best for you.

In addition, the two "parts" provide study groups the option of taking two weeks to cover each lesson by having class members complete only one part per week.

What if I have limited time for study?

Most lessons require approximately 20-30 minutes of study time per day. For those with more limited time, longer assignments often contain optional questions and/or boldface and non-boldface passages to consider. In these instances, skipping the optional questions and completing only the boldface items will provide an excellent overview of essential truths. (*For examples of these shorter study options, see Lesson Three, Day Three. Question #1 contains both boldface and non-boldface references. Question #3b is optional.*)

What if I don't understand, or don't have an answer for, a question?

If you occasionally have trouble answering a question, make a mark in the margin and go on to the next question. Many times an answer will come to light as you continue to study.

Why are there so many boxes to initial?

It is all too easy to plunge right in and begin studying without pausing to ask God's blessing on, and help in, your Bible study endeavors — or to conclude your study without responding to God in prayer. To remind you of the importance of prayer, and encourage you to make it a serious part of your study, we include a small box for you to initial after completing a time of prayer. These boxes usually appear at the beginning and/or end of each section of study.

May the Lord bless your study!

Kristie

SAMPLE LESSON

Lesson Two

All Our Days

Psalm 90

Have you ever experienced a time in life when reality seemed to contradict your understanding of God's Word? A time when God's promises seemed to have failed and you did not sense His care or presence? A time when you were just very confused over the events taking place — so confused that you cried out:

"Why Lord?"

"How long, Lord?"

"Where are You, Lord?"

The psalmists had such days . . . and very similar questions.

Why do You stand afar off, O LORD?

Psalm 10:1

*My God . . . Why are You so far from helping Me,
And from the words of My groaning?*

Psalm 22:1

How long, LORD?

Will You hide Yourself forever? . . .

Remember how short my time is;

For what futility have You created all the children of men? . . .

Lord, where are Your former lovingkindnesses . . . ?

Psalm 89:46-49

This week we begin our focused study of Book Four of the Psalms — and the first psalm in this group, a prayer written by Moses, bursts forth not only with words of lament, but with words of hope for all our days:

*Lord, You have been our dwelling place **in all generations.***

Before the mountains were brought forth,

Or ever You had formed the earth and the world,

*Even **from everlasting to everlasting,** You are God.*

Psalm 90:1-2

BOOK FOUR

Psalm 90

A Prayer of Moses the man of God.

- ¹ 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,
Even from everlasting to everlasting, You are God.
- ³ You turn man to destruction [*dust*],
And say, "Return, O children of men."
⁴ For a thousand years in Your sight
Are like yesterday when it is past,
And like a watch in the night.
⁵ You carry them away like a flood;
They are like a sleep.
In the morning they are like grass which grows up:
⁶ In the morning it flourishes and grows up;
In the evening it is cut down and withers.
⁷ For we have been consumed by Your anger,
And by Your wrath we are terrified [*disturbed, dismayed, anxious*].
⁸ You have set our iniquities before You,
Our secret sins in the light of Your countenance.
⁹ For all our days have passed away in Your wrath;
We finish our years like a sigh.
¹⁰ The days of our lives are seventy years;
And if by reason of strength they are eighty years,
Yet their boast is only labor and sorrow;
For it is soon cut off, and we fly away.
¹¹ Who knows the power of Your anger?
For as the fear of You, so is Your wrath.
¹² So teach us to number our days,
That we may gain a heart of wisdom.
- ¹³ Return, O LORD! How long?
And have compassion on Your servants.
¹⁴ Oh, satisfy us early with Your mercy [*steadfast love*],
That we may rejoice and be glad all our days!
¹⁵ Make us glad according to the days in which You have afflicted us,
The years in which we have seen evil.
¹⁶ Let Your work appear to Your servants,
And Your glory to their children.
¹⁷ And let the beauty of the LORD our God be upon us,
And establish the work of our hands for us;
Yes, establish the work of our hands.

Part One

Psalm 90

<i>Pray!</i>	There are many words we could use to describe Moses. For example, he was:
	a man of God an intercessor a psalmist a leader a servant of God a friend of God a lawgiver a deliverer a prophet . . . and also a <i>teacher</i> .

While *teacher* might not be the first word that comes to mind when we think of Moses, Scripture is clear: Moses was not only appointed by God *to teach*, he eventually saw himself as a teacher . . . a teacher who wanted his words to be "*as raindrops on the tender herb, and as showers on the grass.*"¹ May this be the way our hearts receive the study of Psalm 90 this week!

In anticipation of all that is to come, begin with prayer and initial the small box above.

<i>Day One</i>	1. In your Bible, or using the text on the previous page, read the entirety of Psalm 90 aloud. Be sure to include the title.
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2. As it is on the previous page, this psalm is frequently divided into three sections. As a memory aid, record a short subtitle beside each section. This could be something as simple as "*God*" "*Life*" "*Requests*" . . . something with repetition such as "*Our God*" "*Our Days*" "*Our Needs*" . . . or something a tiny bit longer or more creative. (Note: If time is limited or titles are not your thing, it's okay to use one of the examples above!)

3. (Optional) It is also possible to divide the middle section into two smaller sections. What is the focus of each?

a. Focus of vv. 3-6

b. Focus of vv. 7-12

4. Read Psalm 90 again. As you read, circle every word that has anything to do with time.

a. Whether time-related or not, record words that occur in more than one section.

b. At this point, which verse or section stands out most to you — and why?

5. Some suggest Moses wrote this psalm near the end of his life — either as he stood on Pisgah, looking over the Jordan at the land he would not be allowed to enter² — or simply at the end of 40 years in the wilderness (seeing tens of thousands die every year because the nation had refused to trust God and enter the Promised Land).³ If either is the case, it would explain much about statements such as, "*You turn man to destruction [dust],*" "*we have been consumed by Your anger,*" and "*all our days have passed away in Your wrath.*" (vv. 3, 7, 9)

a. There are many ways we might respond to thoughts of divine wrath. Moses responds here with a series of bold, hope-filled requests. Underline everything Moses asks the Lord to do. (vv. 12-17)

b. Do you see anything in the text of Psalm 90 that would explain why Moses would be so bold? If so, what?

c. Today, what gives *you* boldness (confidence) to take your requests to the Lord?

6. When we take time to really contemplate life, we can see it hasn't changed much since the days of Moses. It is still frail and full of sorrow. Sometimes that sorrow is a result of personal sin; other times it is simply the result of living in a fallen world. And while our days may occasionally seem long, in actuality they are brief — very brief — and we are in constant need of a dwelling place where we can find rest for our souls.

Tomorrow we'll continue our study of Psalm 90; until then, take a moment to think about your life (the hard days, the good days, the sorrowful days, the sin-affected days . . . in other words, *all* your days).

a. What kind of day is today?

b. Now on *this* day of your life, complete the blanks below and spend time in prayer.

Psalm 90:1-2

Lord, You have been _____ in all generations.
Before the mountains were brought forth,
Or ever You had formed the earth and the world,
Even _____, You are God.

Day
Two

If you are familiar with the history of Israel, you know they began as *sojourners* in the land of Canaan. When a famine came upon that land, they were welcomed, and flourished, as *refugees* in Egypt. When Egypt felt threatened by the increasing number of Israelites, the Egyptians made them *slaves* . . . and after being delivered from bondage by the hand of Moses, the Israelites became desert *wanderers* for 40 years.⁴

In other words, in the days of Moses, God's people had never had a permanent home — at least, not an earthly one. But they had always had a divine One!

1. Stated or inferred, what does Psalm 90 reveal about the One who is the dwelling place of His people? (*Some entries are recorded for you. Add to them as indicated.*)

Things Psalm 90 Reveals About the One who is the Dwelling Place of His People

Psalm 90:1-2 (Section One) — *Record at least two additional entries to the ones already given below.*

- v. 1 He is "Lord." (In Hebrew this is the name *Adonai*, meaning sovereign, master.)
- v. 2 He is the Creator (which implies power and wisdom).
- v. 2
- v. 2

Psalm 90:3-12 (Section Two) — *Record at least three entries.*

- v. ___
- v. ___
- v. ___

Things Psalm 90 Reveals About the One who is the Dwelling Place of His People *(continued)*

Psalm 90:13-17 (Section Three) — *Record at least three additional entries to the one already given below. Some entries may be inferred, as in v. 13 where we can infer that the Lord must be compassionate in order to act with compassion.*

v. 13 He is "LORD." (In Hebrew this is the name *Yahweh*, Scripture's most personal name for God.)

v. ___

v. ___

v. ___

2. Some of your entries in question #1 may have had to do with the anger and wrath of God (attributes which can be hard to contemplate). When we don't fully understand God's actions, judgments — or even an aspect of God's nature or character — keeping in mind *all* we know of Him is essential for the well-being of heart and soul. As you have seen, this is one of the things Moses does, and thus teaches us to do, throughout Psalm 90!

Read Deuteronomy 32:1-4 aloud. What else did Moses know about God?

3. It has been noted that:

" . . . Psalm 90 is not a meditation on futility and death, as much as on the power of God even in the face of human reality . . . The abiding constancy of Yahweh as home is the overriding . . . reality of the psalm, and the middle portion does not diminish that reality."⁵

Indeed, it does not — for even in the hard days of life, the Lord is our place of spiritual refuge, the place where our souls can find rest, the home where we are safe, comforted, and where the wrath due our sin is satisfied in Jesus Christ.

a. Read the following verses aloud. Record at least one wonderful truth from each passage.

- Isaiah 53:4-6 (*One of Isaiah's prophecies about Christ.*)

- Romans 5:6-9

b. With a thankful heart, complete the blanks below and make these words your own as you end in prayer.

Psalm 90:1-2

Lord, You have been _____ in all generations.

Before the mountains were brought forth,

Or ever You had formed the earth and the world,

Even _____, You are God.

As does the whole of Scripture, Psalm 90 teaches us who God is, who we are, and what we really need — three truths that make all the difference in how we live, think and pray! Yesterday we looked at who God is. Today our focus will be on who we are, and what we truly need in life. After beginning with prayer, initial the box at left as a part of your "amen."

1. What does Psalm 90 reveal about who we are? (*Glean from all of Psalm 90.*)

2. In observing Psalm 90, you may have noticed all the "we," "our," and "us" statements — each one revealing Moses' concern, not only for his own days, but for all their days. It was in their shared situation that he prays, "Teach **us** to number our days, that **we** may gain a heart of wisdom." (v. 12).
 - a. In your own words, before anything else, what is Moses requesting in verse 12? (*If desired, you may complete word studies or consult a commentary.*)

 - b. If we don't walk through life with an ongoing awareness of our frailty, brevity and sinfulness, how *will* we walk — and why is that a problem?

3. Several requests follow the first. As you think about them all, record insights in the right-hand column below. (*Notes may include insights from word studies and commentaries.*)

In light of who God is and who we are . . .

Psalm 90	What Moses requests	What I learn from Moses' requests
v. 12	<i>Teach us to number our days, That we may gain a heart of wisdom.</i>	
v. 13	<i>Return, O LORD! And have compassion on Your servants</i>	
v. 14	<i>Satisfy us early with Your mercy [steadfast love] That we may rejoice and be glad all our days!</i>	
v. 15	<i>Make us glad according to the days in which You have afflicted us, The years in which we have seen evil</i>	
v. 16	<i>Let Your work appear to Your servants And Your glory to their children</i>	
v. 17	<i>Let the beauty of the LORD our God be upon us Establish the work of our hands for us Establish the work of our hands for us.</i>	

4. Of all the things Moses requested from God, which do you feel the greatest need for at this moment? Explain.
5. In your own neediness, what concerns do you also have for others? (Choose from the chart on the previous page, and be specific.)
6. Using the words of Psalm 90:12-17 as a pattern, spend time in prayer for yourself and others. Then, for a final time, fill in the blanks below.

Psalm 90:1-2

Lord, You have been _____ in all generations.
Before the mountains were brought forth,
Or ever You had formed the earth and the world,
Even _____, You are God.

7. (Optional) Use any remaining study time to read what your commentaries have to say about all of Psalm 90. Record the most helpful insight.

Part Two

Our Eternal God

Day
Four

According to Scripture, things took place before the beginning of time as we know it. Significant things. Amazing things. Things the Lord has been pleased to reveal to us. Things He knows because He was there . . . and He was there because, as Psalm 90 declares:

*Before the mountains were brought forth,
Or ever You had formed the earth and the world,
Even **from** everlasting **to** everlasting, You are God.*

However, before we look at God's works in eternity past, we will look first at God Himself.

1. In Scripture, the word *eternal* carries the idea of being without beginning or end, never ceasing, everlasting. Similarly, the word *everlasting* carries the idea of being perpetual; unending; continuous; enduring forever.

What do you learn about our eternal God from the following passages?

- a. Genesis 21:33 One of His names is _____.
- b. Psalm 145:13 His kingdom is _____,
and His _____ throughout all generations.
- c. Isaiah 46:9-10 He _____ the end from the beginning, and His counsel _____.
- d. Isaiah 57:15 He is the One who inhabits _____, whose name is Holy.
- e. Jeremiah 31:3 He has loved His people with an everlasting _____.
- f. Romans 1:20 Creation reveals His invisible attributes, namely His eternal _____
and His _____.

2. Being **from everlasting to everlasting** is just one way God is different from us.

a. What are some others ways God is not like us (the people He created in His image)?

b. Why is it good to ponder the ways in which God is different from us? (*Give at least two reasons.*)

3. While Scripture clearly declares God's eternal nature, it doesn't tell us much about His works in eternity past; however, the few things it *does* reveal are beyond amazing! Make notes as you read.

Before God created the world (and time as we know it began), our eternal God . . .	Why He did it (<i>Stated or inferred</i>)
a. Ephesians 1:3-6	
b. Ephesians 2:10	
c. 2 Timothy 1:9	
d. Titus 1:1-2	

4. One way to summarize why God did what He did in eternity past is: **For His glory . . . and for our good.** Think about this for a moment before recording a sentence prayer.

Day Five

*F*rom eternity past, God's works have been done for His eternal glory and our eternal good; and to these ends, He went even so far as to *put eternity* in our hearts. Let's look at it in Ecclesiastes!

1. Somewhat like Psalm 90, Ecclesiastes 3 is a chapter about time and the work man accomplishes on this earth. It begins with the words:

*To everything there is a season,
A time for every purpose under heaven.* (v. 1)

. . . and from there, it goes on to enumerate things for which there is a time in life.

In your Bible, or using the text below, read Ecclesiastes 3:2-8.

² A time to be born, And a time to die; A time to plant, And a time to pluck what is planted;	⁴ A time to weep, And a time to laugh; A time to mourn, And a time to dance;	⁶ A time to gain, And a time to lose; A time to keep, And a time to throw away;	⁸ A time to love, And a time to hate; A time of war, And a time of peace.
³ A time to kill, And a time to heal; A time to break down, And a time to build up;	⁵ A time to cast away stones, And a time to gather stones; A time to embrace, And a time to refrain from embracing;	⁷ A time to tear, And a time to sew; A time to keep silence, And a time to speak;	

2. Immediately following this list of "times" in Ecclesiastes 3, we read:

⁹ What profit has the worker from that in which he labors? ¹⁰ I have seen the God-given task with which the sons of men are to be occupied. ¹¹ He has made everything beautiful in its time. Also He has put eternity in their hearts, except that no one can find out the work that God does from beginning to end.

a. According to these verses, God has . . .

Given us tasks with which we are to be _____ . (v. 10)

Made everything _____ in its _____. (v. 11)

Put _____ in the _____ of mankind. (v. 11)

b. (*Optional*) Complete words studies in order to learn more about what it means that God "*put eternity*" (NKJV, ESV) or "*set eternity*" (NIV) in our heart.

3. The *eternity* God has set within us could be described as a built-in worship call.⁶ In other words:

It is the innate knowledge that there is something, Someone, who is eternal.

It is an inkling that there is more to life than just this world.

It is an inner knowledge that there is a reality beyond what we can see now.

And in the knowledge that something "more" exists, it is the longing for that something more. Something better. Something glorious. Something of lasting purpose. Of course, many respond to this innate knowledge by pursuing and worshipping things other than their Creator; but the central purpose of this gift is to move us to know and desire the One who gave it.⁷

a. In Psalm 90:16 Moses expresses his concern for the next generation, saying:

*Let Your work appear to Your servants,
And Your glory to their children.*

How should an understanding that every child is born with an inner draw toward eternal (glorious) things impact the way we teach and disciple the next generation? (*Take time here!*)

b. In these present days of trial and trouble, why is an innate knowledge of eternity an especially precious gift from God?

4. In Ecclesiastes 3:11, bookending the declaration that God has put eternity in our hearts, we read that God *"has made everything beautiful in its time . . . except that no one can find out the work that God does from beginning to end."* This is a truth stated in various ways throughout Scripture.

a. Underline the italicized words as you read.⁸

But as for you, you meant evil against me; but *God meant it for good, in order to bring it about as it is this day*, to save many people alive. — Genesis 50:20

who fed you in the wilderness with manna, which your fathers did not know, that He might humble you and that He might test you, *to do you good in the end.* — Deuteronomy 8:16

And we know that *all things work together for good to those who love God, to those who are the called according to His purpose.* — Romans 8:28

b. Truly, even with a God-given sense of eternity, there are many things we will never understand in life — but the more fully we come to know our eternal God, the easier it will be to rest in Him. Today, what is one thing you don't understand about God or His ways? _____

c. Read Deuteronomy 29:29 aloud.

d. In times when we lack understanding, what must be the overriding focus of our heart? (*Glean your answer from the words of Deuteronomy 29:29 and the example of Moses in Psalm 90.*)

5. We began this section recording **awe-inspiring truths** about our eternal God. We'll end it by remembering some of the most **comforting truths** in Scripture — *all* of them connected to the eternity of God! As you fill in the blanks, may the Lord's teaching drop as the rain, refreshing your heart, and drawing you to prayer.

a. Deuteronomy 33:27a The _____ God is your _____ and underneath are _____.

b. Isaiah 40:28-29 Have you not known? Have you not heard? _____

_____.

c. Isaiah 57:15 The One who is high and lifted up, who inhabits eternity, and whose name is Holy, _____

_____.

d. 2 Corinthians 4:16-18 . . . For this light momentary affliction _____

_____.

6. Of all you have pondered this week, what thought has been most encouraging?

7. In the early 1700's, Isaac Watts wrote a paraphrase of Psalm 90. It went on to become one of Christendom's most beloved hymns. As you prayerfully close out this week's study, read or sing it now.

O God, our help in ages past,
Our hope for years to come,
Our shelter from the stormy blast,
And our eternal home.

Under the shadow of Thy throne
Thy saints have dwelt secure;
Sufficient is Thine arm alone,
And our defense is sure.

Before the hills in order stood,
Or earth received her frame,
From everlasting Thou art God,
To endless years the same.

O God, our help in ages past,
Our hope for years to come,
Be Thou our guard while life shall last,
And our eternal home.⁹



Thoughts on Psalm 90 and our Eternal God

"The opening of the psalm corresponds to the close, in that God is seen here as *our* God, whose eternity is the answer, not simply the antithesis, to our homelessness and our brevity of life."¹⁰

"God knows perfectly what to us are the past, the present, and the future — seeing them, in effect, with equal vividness. . . . God is the Lord *in* time as well as the Lord *above* time. . . ."¹¹

"Part of being wise in this world is learning to accept that we have only very limited access to the big picture. . . . If we could see the end from the beginning, and understand how a billion lives and a thousand generations and unspeakable sorrows and untold joys are all woven into a tapestry of perfect beauty, then we would be God."¹²

"There is woven inside each of us a desire for something more — a craving to be part of something bigger, greater, and more profound than our relatively meaningless day-by-day existence. . . . We were created to be part of something so big, so glorious, so far beyond the ordinary that it would totally change the way we approach every ordinary thing in our lives."¹³

"If you want your children to have a reason to sing on Sunday, give them a glorious God. If you want your children to have a reason not to sin on Monday, give them a glorious God. If you want them to think of nobler things than the latest, mind-numbing video fantasy game, give them a glorious God. . . . If you want them to have a reason for confidence when life seems to spin out of control, give them a glorious God."¹⁴

Lesson Notes

Lesson Two — *All Our Days*

1. Deuteronomy 32:2
2. See Deuteronomy 3:18-28.
3. See Numbers 10:11 through 14:38 for more complete narratives on these two events. Others suggest Numbers 20 as the background for this psalm (when only Miriam, Moses, Aaron, Caleb and Joshua were left of that generation).
4. The following passages give additional, albeit brief, insight into the lack of a homeland and times of wandering the nation of Israel endured from the time of Abram (Abraham) through the days of Moses: Genesis 12:1-2; 15:12-16; 23:4; Joshua 5:6; Hebrews 11:8-10. Also see Exodus 4; Numbers 14; Deuteronomy 1; etc.
5. Walter Brueggemann, *The Message of the Psalms*, (Minneapolis, MN: Augsburg Publishing House, 1984), 112.
6. This is similar to how some have described the conscience as a "built-in warning system."
7. For more on this see *A Quest For More: Living For Something Bigger Than You* by Paul David Tripp.
8. Italicized words are my emphasis.
9. Isaac Watts, *O God, Our Help in Ages Past*, public domain.
10. Derek Kidner, *Psalms 73-150*, (London: Inter-Varsity Press, 1973), 359.
11. John M. Frame, *The Doctrine of God*, (Phillipsburg, NJ: P & R Publishing, 2002), 555 and 559.
12. David Gibson, *Living Life Backward*, (Wheaton, IL: Crossway, 2016), 57-58.
13. Paul David Tripp, *A Quest for More*, (Greensboro, NC: New Growth Press, 2008), 14-15.
14. Tedd Tripp & Margy Tripp, *Instructing a Child's Heart*, (Wapwallopen, PA: Shepherd Press, 2008), 103.

SAMPLE LEADER'S GUIDE PAGES

Note: These pages do not appear in the course book, but the entire Leader's Guide is available for download. See our STUDIES & GUIDES page.

Lesson Two *All Our Days*

Aims (*Prayerfully choose one or two aims each week.*)

To better know the Lord and be encouraged to live every day in the light of all we know of Him.

To stir up hearts to make biblical requests of the Lord . . . and to know the reasons behind those requests.

To consider the impact God's eternity has on life and faith today.

To encourage a greater awareness of, and thankfulness for, God's eternity.

To increase concern, encourage faithful actions, and strengthen prayers for the spiritual well-being of the generations yet to come.

Conversation Starter

Who was your favorite teacher in school?

Tie-in

As you saw in the introduction to **Day One** this week, Moses was a teacher. In fact, according to Exodus 33:11, he was a teacher to whom the Lord spoke face to face . . . which means, there is *much* we can learn from him! So let's get to it!

Leading the Discussion

Ask three people to participate in reading Psalm 90 aloud (each person reading one section as divided on page 26 of your course book); then, begin with prayer and cover the questions as they appear in your book. **Omit, summarize or combine questions as needed** to meet your aims and finish within your allotted time. (For example: you could choose to summarize **Day Two — #1 (Section One: Psalm 90:1-2)**. You could ask one person to read all their responses to **Day Four — #1a-f**. You could ask for answers to **Day Four — #2a and #2b** at the same time.)

The *Thoughts from Others* section below may be of some help as you plan the discussion for **Day Three — #2**.

Additional Questions for Class Discussion

(These are optional questions. Prayerfully choose the two or three questions which best fit your class and your aims. See page 7 of this guide for additional help in using this section.)

Day Two — #1 (With discussion of Psalm 90:3-12 or at any point you deem best.)

How would you describe Moses' tone as he speaks about sin and judgment? In other words, does he seem depressed? Accepting? Fearful? Or what?

Although it might seem nice at times, why should we be glad that God is not tolerant of or indifferent to sin — even to sin in His own people? (*Be sure to note that even in their persistent wilderness rebellion, God never completely forsook His people. For example, see Deuteronomy 8:1-5 and Psalm 78.*)

Personal and national sins are not the only reasons we experience trouble and death in life. What are some other reasons we experience trouble and death? (*For two, see Romans 5:12-21 and John 9:1-3.*)

Day Two — #2

[*In reference to Deuteronomy 32:4*] Why are truths such as these so essential for life today?

Day Three — after #2

Is numbering our days a conscious act (something we must decide to do)?

If we wanted to number our days, how might we begin?

So, what exactly is the connection between “numbering our days” and wisdom?

[The quotations in Thoughts from Others (below) may be helpful if you choose to ask this question in class.]

While floods, sleep, grass, etc. remain powerful word pictures today, what other things also remind us that life is fleeting and frail?

Day Four — #2

As believers, why is an eternal mindset so important? (In other words, why is it important to talk about *eternal* life and our *eternal* God?)

Day Five — at any point you deem best

How does time limit us? Will we have any of these limits in eternity?

Is there any way in which time limits God? (*No, it is His tool.*)

In what ways would this innate knowledge of eternity help us to “number our days”?

Day Five — near the end of class

At this point, what is the most important thing you have learned from Psalm 90 and the teaching of Moses?

To Ensure Understanding

Day Two

People living before Christ were saved from the wrath of God just as we are today, through faith in Jesus Christ. The only difference was, they looked forward in faith to what Christ *would do* on the cross (as much as they could with the information, understanding, and promises they had), and with faith we look back on what Christ *did do*.

Day Two and Day Three

Many passages reveal that our days are determined by the Lord. For example, see Psalm 139:16; Job 12:9-10; 14:5; Psalm 22:29; 31:15; 66:8-12; 121; Ecclesiastes 3:1-2; Daniel 5:23, Ephesians 2:10; Hebrews 9:27; etc.

Thoughts from Others

[On numbering our days . . .]

“This is not a request that we might know that each day is from God and thus be able to check it off as we go along It is a prayer that God will help us to live holy lives, which is the path of true wisdom. How do we make each day count for God? First, by recognizing life’s brevity Second, by living each day for God. . . . Of all the mathematical disciplines this is the hardest: to number our days. We count everything else, but we do not seem able to use our days rightly and with wisdom.”³ — James Montgomery Boice

“‘Teach us to number our days, that we may gain a heart of wisdom’ reflects the central theme of this psalm, namely, awareness of our human finitude and weakness and the importance of responding properly to that realization. . . . Simply put, we reap a heart of godly wisdom when we approach life with prayerful awareness of our weakness and complete dependence on God.”⁴

Concluding Remarks

Today, through his Spirit-inspired words, Moses is one of *our* greatest teachers . . . and one of the things that makes him such a wonderful teacher (then and now) is his awareness that, even with all he knew, and all he had been through, ***he still needed to be taught of the Lord.*** The same is true for *us*!

Ideas for Small Groups

1. Discuss *Day Five* in small groups (and depending upon the makeup of your group, consider making a special emphasis on ways to help children come to see the glory of the Lord).
2. Psalm 90:16-17 speaks of two kinds of work: God's work and the "*work of our hands*" [that Moses asks the Lord to establish (set up, fix, direct) for us]. In other words, our works are always to be intertwined with God's work and glory — or to say it another way — God's works glorify Him, and our works are to be done for His glory.

(Note: According to John 21:19 and 2 Corinthians 4:16-18, even our "work" of suffering and death is designed to glorify God. Also see Psalm 86:8-10; 1 Corinthians 10:31; 1 Peter 4:11; and Hebrews 13:21.)

In light of the above, explore and discuss the heart and the motivation behind things Scripture describes as "good" works (*see chart below*). Be sure to emphasize that our works are *never* the basis for our salvation, only the fruit of it. (Titus 3:1-8) God's works are what secures our salvation.

Men's works described as good in the Scriptures:

Nehemiah 2:18
Proverbs 16:3
Isaiah 26:12
John 15:8
1 Corinthians 3:1-23
2 Corinthians 3:5
Ephesians 2:10
2 Thessalonians 2:16-17

(Note that these works are always, in some way, connected to the Lord and His glory.)

Men's works deemed not good:

Psalm 9:15-16
Psalm 115:4
Psalm 135:15
Isaiah 2:8
Hosea 14:3
Micah 5:13

(Note the strong theme of idolatrous worship, self-reliance, and pride that carries over to these works of our hands.)

Lesson Two Board Layout

*REMEMBER: Words, numbers, and letters in italics are for your help, information, and reference only.
Do not write these on the board.*

With God as Our Dwelling Place

What We Have

*Record appropriate comments from class discussion.
This might include:*

Day One

A home.
A place where we belong.
Etc.

Day Two and Day Three

Access (*in prayer*)
Help (*from the Lord*)
One another
Works that have value and purpose
Etc.

Day Four and Day Five

A God not bound or limited by time
Hope
Comfort

What We Do

*Record appropriate comments from class discussion.
These might include:*

Day One

Remember / Recall (*truths about God*)
Trust / Rest
Pray!

Day Two and Day Three

Observe (*our world, our days, etc.*)
Request
Be teachable
Ask God for His wisdom
Ask for God's involvement
(even in "small" matters)
Care (*about our works . . . but even more
about God's works and His glory*)
Pray!

Day Four and Day Five

Consider eternity
Teach the next generation
(about eternity, our eternal God, etc.)
Live in light of what we know
Give thanks for what we know
Ask for wisdom / understanding
Trust God with what we don't know
Pray!

Leader's Guide Notes for Lesson Two

3. James Montgomery Boice. Psalms, Vol. 2. (Grand Rapids, MI: Baker Book House, 1996), 744.

4. W. Dennis Tucker and Jamie A. Grant. The NIV Application Commentary, Psalms, Vol. 2. (Grand Rapids, MI: Zondervan, 2018), 338-339.