

Sermon: Psalm 90

Speaker: Live at each campus

Daily Readings

Monday: Psalm 90

Tuesday: Psalm 39

Wednesday: Ecclesiastes 1:1-11; 3:1-15

Thursday: Psalm 139:13-18

Friday: Matthew 6:25-34

Saturday: James 4:13-17

Discussion Questions

1. Have someone in your group give a brief recap of Sunday's message, highlighting the primary Scripture points and the main idea of the message. *Note: This message was preached live at each campus. If members of your group attend different campuses, be sure to give a 2 minute overview of the message shared at your campus.*
2. How aware are you, day to day, of how short or fleeting life actually is? Does that awareness comfort you, unsettle you, or rarely cross your mind?
 - Consider: Have you ever had a moment (a health scare, a loss, an anniversary of something significant) that made your own mortality suddenly real to you? How did it change your perspective, even temporarily?
3. Psalm 90:3-6 compare human life to grass that "flourishes in the morning" but "by evening it is dry and withered." Why do you think Scripture so often uses this image? Does it feel harsh, or realistic, or something else to you?
4. Read Psalm 90:12. This is one of the most famous lines in the psalm: "Teach us to number our days, that we may gain a heart of wisdom." What does it practically look like to "number your days"? How is that different from simply knowing you'll die someday?
5. If you genuinely "numbered your days" this week - living with real awareness of how limited and precious your time is - what would you do differently?
6. Where do you need to bring God your own weariness or awareness of life's hardship honestly, the way Moses does in this psalm, rather than pushing past it?
7. What's one "work of your hands" (a relationship, a responsibility, a calling, etc.) that you'd like to ask God to give lasting significance to, rather than letting it feel wasted or temporary?

Action Step

- Each morning this week when you wake up, take one minute to thank God for the day itself as a gift (not a given).
- Identify one relationship, conversation, or act of service this week that could have lasting spiritual significance, and prioritize it over something urgent (yet temporary) that's competing for your time.
- Choose one area where you feel like your effort is unnoticed or feels wasted and specifically pray Psalm 90:17 over it this week, asking God to give it eternal purpose.