

“A Prayer to Finish Today Stronger”

Psalm 90

“Teach us to number our days that we may present to You a heart of wisdom” (Psalm 90:12 [NASB])

We learned in Isaiah 38-39 that Hezekiah didn't finish as strong as he could have. If Jesus commands us to live 'one day at a time' (Matt. 6:34) what can we do each day to live faithfully with the Lord so that when our last day comes we will have *“fought the good fight, finished the race and kept the faith”*? There is a Psalm that Hezekiah would have known, written by Moses and probably sung in the temple during his time. Moses teaches us *“to number our days”*. Since the past is behind us and the future unknown, then all we can really count is - today!

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God is With us – Today! (90:1-4)

Moses looks back at his forefathers and makes a statement about how long God has been His peoples' dwelling place.

v.1 throughout all _____

Since God made the world (v.2) He not only existed before the creation but how does Moses refer to God's 'age'?

v.2 – “from _____ to _____ You _____ God

Who is God sovereign over? (v.3)

What passage of Scripture does man returning to 'dust' come from? _____ 3:19

Is that before or after sin entered the world?

*Look at Ps. 104:29-30. Who makes us alive?
the _____*

According to Jesus to be “born again” means who has to come Into your life to make us spiritually alive?

John 3:5-8 the _____

How does God relate to time?

Ps.90:4 “For a _____ years in your sight is like a _____ that has just gone by or like a _____ in the night.”

***What are most people doing during 'night watches'?**

***Why did Moses say '1000 years'? Why not a million or a hundred?** [cf. Gen. 5:27]

Time is Short for a Reason (90:5-11)

Unlike God who is eternal, we are not. What are we compared to?

v.5 “You sweep men away in the sleep of death, they are like the new _____ in the morning –

v.6 “though in the morning it springs up new, by _____ it is dried and _____.”

Can you think of any other verses which talk about the brevity of life?

Moses implies that God shortens our life because of His anger and wrath. How have we angered God?

v.8 “You have set our _____ before You, our secret _____ in the light of Your presence”

What does v.9 say?

v.9 “all our days pass under Your _____; we finish our years with a _____.”

When God told Adam and Eve not to eat of the fruit from the tree of knowledge what did He say would happen?

Gen. 2:17 they would _____

What is the ‘wages’ of sin? (Rom. 3:23) _____

So according to Ps. 90:10 the wages of sin limits life to _____ years for most people.

*** What does Paul say can save us from God’s wrath?**

Rom. 5:9 “Since we have now been justified by _____ blood, how much more shall we be saved from God’s wrath through _____!”

5:10 “For if, while we were God’s enemies, we were reconciled to him _____ the death of his Son, how much more, having been reconciled, shall we be _____ through his life!”

6:23 “For the wages of sin is death but the _____ of God is eternal life in _____.”

The Key to Finishing Strong (90:12-17)

In the rest of the psalm Moses tells us how to make the best use of the time God has given us. What does he tell us in v.12?

v.12 “_____ us to number our days _____ that we may gain a heart of _____.”

*** How would you ‘number’ your days?**

Prayer seems crucial to learning wisdom by identifying each day as a 'grace' day. What should we pray for

v.13 " _____ O Lord? How long will it be? Have _____ on Your servants."

V. 13 is a 'negative' prayer, asking God to delay His ending our life. What are some positive ways to approach each day?

v.14 " _____ us in the _____ with Your unfailing love that we may _____ for joy and be _____ all our days."

***Why especially should we ask God to satisfy us in the morning for His 'unfailing love' [Hebrew - hesed]?**

Lam. 3:22-24

What else should we pray?

v.15 "Make us _____ for as many days You have _____ us for as many years we have seen _____." [cf. 2 Cor. 4:17]

What else does he say we should pray to see?

v.16 "May Your _____ be shown to Your servants Your _____ to Your children."

And one more prayer for our own 'deeds'.

v.17 "May the _____ of the Lord _____ God rest upon us and _____ the work of our hands – yes establish the work of our hands."

***Why do you think he repeats that at the end?**

***Compare how Moses refers to God in vv.1-2 and in v.17. Do you notice how his prayer/song has moved him closer to God?**

[The Bible verses quoted are from the NIV 1984 edition © International Bible Society]

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