

“Time Keeps On Slipping, Slipping, Slipping...”

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 born

Or You gave birth to the earth and the world,

Even from everlasting to everlasting, You are God.

3 You turn man back into dust

And say, “Return, O children of men.”

4 For a thousand years in Your sight

Are like yesterday when it passes by,

Or as a watch in the night.

5 You have swept them away like a flood, they fall asleep;

In the morning they are like grass which sprouts anew.

6 In the morning it flourishes and sprouts anew;

Toward evening it fades and withers away.

7 For we have been consumed by Your anger

And by Your wrath we have been dismayed.

8 You have placed our iniquities before You,

Our secret sins in the light of Your presence.

9 For all our days have declined in Your fury;

We have finished our years like a sigh.

10 As for the days of our life, they contain seventy years,

Or if due to strength, eighty years,

Yet their pride is but labor and sorrow;

For soon it is gone and we fly away.

**11 Who understands the power of Your anger
And Your fury, according to the fear that is due You?**

**12 So teach us to number our days,
That we may present to You a heart of wisdom.**

**13 Do return, O Lord; how long will it be?
And be sorry for Your servants.**

**14 O satisfy us in the morning with Your lovingkindness,
That we may sing for joy and be glad all our days.**

**15 Make us glad according to the days You have afflicted us,
And the years we have seen evil.**

**16 Let Your work appear to Your servants
And Your majesty to their children.**

**17 Let the favor of the Lord our God be upon us;
And confirm for us the work of our hands;
Yes, confirm the work of our hands.**

Discussion Questions:

1. What verse stands out to you the most in this passage, and why?
2. What does it mean that God is our “dwelling place”? How should this impact your life?
3. Why does God’s “eternal-ness” matter? How should this change your view on life?
4. How should verses 3-6 impact the way you view your life and your time?
5. Why is God so angry toward sin, and why are we deserving of his wrath?
6. Do you have any unconfessed or secret sins in your life that you need to confess? Spend some time in prayer for those things now.
7. What would it practically look like for you to “number your days”?
8. What would it look like for you to make your life eternally matter over the next week, month, and year? How can you take steps to grow towards that?
9. As you read through verses 13-17, what are the reasons for hope that we have in God?
10. What is one practical step you can take to apply one of the truths of this psalm this week?