

To KNOW Christ and one another more deeply,
To CARE for one another in truth and in love,
To GROW as followers of Jesus,
To SERVE those God has placed in our path.
- CG Mission Statement

Worship: Psalm 104:31-34

(Here is a psalm/song to help your group as you worship)

Practice lectio divina (sacred reading) by attentively reading Psalm 104:31-34 aloud several times, pausing to meditate after each reading. Enter into a time of worship through prayer by using a word or phrase from the passage to praise God and His attributes.

Icebreaker

Finish this sentence - Life is too short, you need to stop and ...

Text for Discussion: Psalm 90

Turn in your Bibles and read this passage aloud together.

Aid for Discussion: Sermon Summary

Psalm 90 is a sobering and reorienting experience. In the midst of sorrow and discouragement, it models how to express our feelings before a holy, loving Father. This song of Moses calls us to confront our sin in the light of God's glory so that we might find relief. It's an opportunity to look deeply at how we spend our lives. For only when we confront our mortality can we truly marvel at eternity. Each of us must contend with these rivalries within our lives. But because of God's boundless compassion, the Gospel offers three gifts to conquer each.

Rival 1: The Passage of Time (v4-6). Life goes quickly; there is no slowing it down. The preciousness of time is that we cannot stop it. Once it passes, it can never return.

Gift 1: Contentment. Because of the Gospel, we can be content with time's passing. Psalm 90 offers five things to pray for to help develop hearts of contentment: wisdom (v12), favor (v17), purpose (v17), joy in God's love (v14), and hope in our legacy (v16). Moses is praying that God reminds us that our lives do matter and will matter. May this stir in us a longing to see God's glory manifested in our world and in our lives.

Rival 2: Our Sin Before God's Holiness (v7-9). The wrath of God isn't about needing to live in fear of God's anger. It is a statement of God's perfect holiness, beauty and power. This is therefore a call to recognize the glory of God as well as toward our sanctification – to live as Jesus lived.

Gift 2: The Experience of God's love, and the satisfaction of God's wrath. God doesn't want us to question His love or believe it's something to be earned (Ps 103:10-12). Yes, God is holy and glorious and perfect. Yes, His holiness demands justice and perfection. But all of this is surrounded by God's heart. And so we can find comfort – because God's love is truly unfailing.

Rival 3: The Brevity of Life (v3,5,10). Life is short; death comes for us all. But life is good under God's power because He alone is great.

Gift 3: Because of the Gospel, we have an eternal dwelling place in God. No matter where we roam or the hardships we encounter, the surpassing power and love of God will never forsake us (2 Cor 4:7-10, 13-18). Christ has purchased eternal life on our behalf; death has lost its power. And so we can rejoice.

There are two things that we cannot look upon and remain unchanged – one is the brilliant glory of God, and the other is the brokenness of humanity. Moses saw both of these and was deeply changed. Around 3500 years ago, he wrote this psalm to declare to every generation that we would find our eternal dwelling place in God. All the beautiful things that “home” is meant to represent – love, acceptance, security comfort and rest – are found in God alone. Because God Himself defeated these three great rivals in His son Jesus.

Guiding Question of the Week

(This question is intended as a target for the whole conversation. Do not ask for responses now. It will be repeated later in the study.)

How does Psalm 90 help you marvel at God and eternity and find contentment in life?

Questions for Discussion

(Remember it is better to wrestle deeply with two good questions than gloss over many. Sub-bullets are intended for potential follow-up.)

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- What are your initial impressions of Psalm 90?
 - What emotions does having God as our “home” or “dwelling place” stir up in you?
 - Does this fit with your present idea of who He is? vs. 1-2
 - What else do you learn about Him from vs. 2? How are you encouraged?
 - Does the Psalmist's description of the passage of time in vs. 4-6 make you feel optimistic or pessimistic?
 - Why is it important to acknowledge that life is short? How does this impact our daily priorities?
 - Discuss what God's perfect holiness has to do with the wrath of God talked about in vs. 7-8.
 - What do we deserve and why?
 - How do you explain the truth that Christians have freedom from God's wrath?
 - What does the Psalmist teach us about the brevity of life and inevitability of death in vs. 3, 9,10?
 - Comment on vs. 12, “Teach us to number our days that we may gain a heart of wisdom.”
 - What would it look like to count your days on a daily basis?
 - Read the prayer of 90:14-17. What would be your personal prayer request based on this prayer?
 - How does Psalm 90 help you marvel at God and eternity and find contentment in life?
 - What other questions about God or yourself does Psalm 90 bring to your mind?

Prayer

Pray for pastors, church staff, officers, and leaders this week. Use the prayers found in Psalm 90:12-17 for wisdom (v12), favor (v17), purpose (v17), joy in God's love (v14), and hope in legacy (v16).

Experiment of the Week

(A suggestion for engagement in following the way of Jesus this week)

Spiritual Formation Experiment:

Martin Luther compared prayer to a garland of “4 twisted strands” with each strand representing a question he asked himself when reading Scripture. Use these 4 questions on any passage to prime your heart for prayer.

- Instruction: What does this passage teach about God and myself?
- Gratitude: What in this passage causes me to give thanks to God?
- Confess: What in this passage causes me to repent and confess?
- Petition: What in this passage is God asking me to do that I should pray about?

Missional Experiment:

Sometimes sharing our faith simply involves having lunch with neighbors or co-workers. Through conversation and good listening, you will discover their felt needs and hopefully one day explore with them their deepest need, their need for Christ. This doesn't just happen. You will have to intentionally make time for others in your calendar. Begin praying for at least three people and plan some opportunities to get to know them better through shared lunches. As a group, pray for one another and the people you are sharing with. Celebrate answers to prayer.