PSALM

# 90

XC

## Reflective Lament Turning

**Psalm of Moses** · Book IV

*"A Prayer by Moses, the man of God."*

PICTURE WORD

**Numbered Days**

### IN ONE SENTENCE

*The eternal God has been our dwelling place; teach us to number our short days and satisfy us with his love.*

**Remember it:** Ninety: number your days, and let God's love fill every morning.

### MEMORY VERSE

So teach us to count our days, that we may gain a heart of wisdom.

Psalm 90:12 · World English Bible

### HEBREW WORD

יָמֵינוּ

*"our days" · verse 9*

In the Psalms: 115 times, in 61 psalms

יוֹם is the everyday word for "day." Moses uses it to measure the shortness of human life: our days pass, our years end like a sigh. But he also prays for glad days and for morning love. Counting days is not gloom; it is learning to spend each one wisely.

### HOW THE PSALM MOVES

| | |
|---|---|
| 1–2 | From everlasting to everlasting, God is our dwelling place. |
| 3–11 | Our lives are brief like grass under God's anger. |
| 12 | Teach us to count our days for a wise heart. |
| 13–17 | Satisfy us with love and establish the work of our hands. |

### IN THE NEW TESTAMENT

**v. 4 → 2 Peter 3:8** With the Lord a day is like a thousand years.

### MY NOTES

**Listen.** Hear Psalm 90 sung in the **Psalm Song** app, or free at **ispress.de/psalms/90**.

**Cantillated.** Sung: chanted back and forth between a leader and the people.

Life Is Short · The Two Ways · Waiting on God

## FILL IN THE BLANKS

The _____ God has been our dwelling place; teach us to _____ our short days and _____ us with his love.

## CHECK YOURSELF

**1.** How long is a thousand years in God's sight?

- (A) Like a lifetime
- (B) Like yesterday when it is past
- (C) Like a single hour of labor
- (D) Like forty years

**2.** What does the psalm say the days of our years are?

- (A) Fifty, or sixty
- (B) Ninety
- (C) Seventy, or by strength eighty
- (D) One hundred twenty

**3.** What does Moses ask God to establish?

- (A) The work of our hands
- (B) The walls of the city
- (C) The kingdom of David
- (D) The tent of meeting

## TALK IT OVER

1. What pictures does Moses use for how short human life is?

2. What does it mean to you that God has been our dwelling place "for all generations"?

3. If you truly counted your days, what would you start or stop doing this week?

## IN YOUR OWN WORDS: WHAT DOES PSALM 90 TEACH?

- ☐ I listened to the song
- ☐ I can say what it teaches
- ☐ I can say verse 12 by heart
- ☐ I know the picture word

**Answers** Blanks: eternal · number · satisfy · Check yourself: 1. B (v. 4) · 2. C (v. 10) · 3. A (v. 17)