

GO DEEPER

use these questions for further study

Read Psalm 90 - Try reading or singing the Psalm out loud several times.

Begin by making 2-3 observations you have about the Psalm and note any questions that come up for you. Then answer some or all of the following:

This Psalm was written by Moses. Think back through his life and the story of the Exodus. Where do you see connections to the Psalm?

How does knowing the author and context help you engage the Psalm?

In vs 1 Moses declares that God is the people's refuge. The word used for "refuge" can also be translated "dwelling place" or "habitat." Take a moment to sit with each of these images. What does it mean for God to be your:

Dwelling Place? Refuge? Habitat?

Moses and the Israelites wandered the desert and lived in tents. Why would they be comforted by having a dwelling place in a God who was older and more stable than the mountains, the land, and the earth?

What comfort does this offer to you?

How does this Psalm connect to Genesis 2 and 3?

This Psalm forces us to confront our human frailty and mortality. What emotions are stirred up in you when you read it?

Why is it important to acknowledge the reality of death?

Why is it important to acknowledge our limits and suffering?

Moses asks God to teach them to "number our days"

What does this mean?

What would it look like for you to learn to do this?

How does it help lead toward wisdom?

Moses' hope is in God's *Chesed* (faithful-love/lovingkindness/covenant faithfulness). How do we find hope in God's faithfulness and love toward us?

What does it mean for the "favor of the Lord" to be upon you and for God to "establish the work" of your hands?

If we are only on this earth a short while, how do we make sure we actually live a life of meaning and purpose?

How might Jesus be inviting you to live more like him?

How can you begin taking steps of obedience in this direction?

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