



Don't Waste Your Life!

PSALM 90

Psalm 90:1 Lord, you have been our dwelling place in all generations. ²Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God. ³You return man to dust and say, "Return, O children of man!" ⁴For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night. ⁵You sweep them away as with a flood; they are like a dream, like grass that is renewed in the morning: ⁶in the morning it flourishes and is renewed; in the evening it fades and withers. ⁷For we are brought to an end by your anger; by your wrath we are dismayed. ⁸You have set our iniquities before you, our secret sins in the light of your presence. ⁹For all our days pass away under your wrath; we bring our years to an end like a sigh. ¹⁰The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away. ¹¹Who considers the power of your anger, and your wrath according to the fear of you? ¹²**So teach us to number our days that we may get a heart of wisdom.** ¹³Return, O LORD! How long? Have pity on your servants! ¹⁴Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days. ¹⁵Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil. ¹⁶Let your work be shown to your servants, and your glorious power to their children. ¹⁷Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!

1. **The Lord alone is the eternal God, and He is _____ over human existence** vv.1-9
2. **Human existence is fleeting and fragile, and also futile when we fail to see life from God's _____** vv.10-12
3. **It is the steadfast love of the Lord that is the ground of our satisfaction, joy, and _____** vv.13-17

The Psalm 90:12 Life Inventory

- How many days have you lived so far? _____
- Calculate how many days you have left to live if you live to be 85 years old? _____
- If your final two years end up being pretty non-functional, how many functioning days would you estimate you have left?
- How does seeing that number make you feel?
- Describe what you would consider to be a "life well-lived" at the end of those days...
- What would you most want said about you at your funeral service?
- Who would you love to know said those things?
- What wisdom do you think can be gained by "numbering our days?"
- Describe the most deeply satisfying experience/season you've ever had in your life? How was God involved in it?
- Think of an expression of God's unfailing love for you that would prompt you to rejoice and be glad all your days...
- What percentage of your days so far would you call "days of affliction?" _____ "days of gladness" _____ What are your thoughts when you think about that ratio?
- If you were given the opportunity to relive one day from your life, what day would you choose?
- If all of your days were laid out in snapshots before you, which one would you select as your very best "Day of Gladness?" Your worst "Day of Affliction?" What can you learn from those two days in retrospect?
- What "deeds of God" have you seen during your lifetime? Recall five incidents/events that you are convinced were His doing...
- How would you like to see the Lord reveal His splendor to your children? What is in your heart for them?
- What "work of your hands" do you deeply desire for God to establish? What stage is that work in currently? How might that work bring glory to God?



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