

Speaking to One Another in Psalms

(Psalm 90)

- Introduction:
1. Throughout the year, we will be examining several of the Psalms.
 2. This series will not be done on consecutive weeks but will be scattered throughout the year.

I. Background to This Psalm

- A. This psalm was written by Moses, making it one of the oldest psalms in the collection.
- B. Moses lived well over 500 years before David.
- C. It is thought that this psalm was written by Moses concerning their failure at Kadesh-Barnea (Numbers 13-14).
- D. If so, the comments about one's lifespan (Psalm 90:7-11) take on special significance.
- E. The truths contained in this psalm will challenge and sustain us as it did Moses during a 40-year-long wandering in the wilderness.
- F. Before we study the psalm, let's sing a song written 225 years ago by Isaac Watts – "O God, Our Help in Ages Past."

II. God Is Eternal and We Are Weak

- A. (Psalm 90:1-6).
- B. While God has always been, man comes and goes.
- C. While we are immortal beings, we are not eternal beings.
- D. We need to remember our frailty and this is a good reminder of it.

III. God is Holy and We Are Sinful

- A. (Psalm 90:7-12).
- B. When Moses wrote this, Israel's rebellion brought the wrath of God upon them and inaugurated the longest funeral procession (Numbers 14:11-25).
- C. (Romans 3:10, 23).
- D. Life passes so quickly, and our time to develop holiness is short.
 1. Lifespan = 70 and maybe 80 (Psalm 90:10).
 2. To those hearing this, most of their life is over and they have relatively little time left.
 3. Therefore, number your days and make the best use of them.
- E. (1 Peter 4:3).

IV. God Has What We Need

- A. (Psalm 90:13-17).
- B. Moses makes an appeal to God to bless them after they have "learned their lesson."
- C. Moses was seeking joy and satisfaction out of life, rather than a meaningless existence.
 1. Establish the work of our hands (v. 17).
 2. Asking for blessings so that their lives were not meaningless.
- D. (Ecclesiastes 12:13).

- Conclusion:
1. May we remember how frail we are and to use the time, with God's help, to make our lives count for something.
 2. And a way to accomplish that is to number our days.