

# Numbered Days, Wise Ways

Psalm 90

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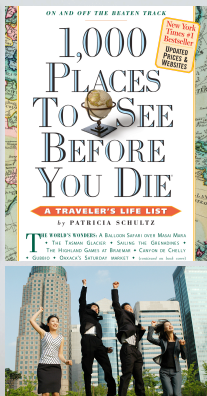


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## Psalm 90 Theme

Because the eternal God judges sin, we must spend our fleeting days on earth wisely.

5

## Psalm 90: A Prayer of Moses

- I. God is eternal (vv. 1-2)
  - A. God is our dwelling place.

6

## Proverbs 18:10

The name of the LORD *is* a strong tower: the righteous runneth into it, and is safe.

## Nahum 1:7

The LORD *is* good, a stronghold in the day of trouble; and He knoweth them that trust in Him.

7

**Psalm 90: A Prayer of Moses**

- I. **God is eternal (vv. 1-2).**
  - A. **God is our dwelling place.**
  - B. **God has existed from everlasting to everlasting.**

8

**Colossians 1:16-17**

For by Him were all things created...And He is before all things, and by Him all things consist.

**Revelation 1:8**

I am the Alpha and the Omega, the beginning and the ending...

9

**Psalm 90: A Prayer of Moses**

- I. **God is eternal (vv. 1-2).**
  - A. **God is our dwelling place.**
  - B. **God has existed from everlasting to everlasting.**
- II. **Man's life is fleeting (vv. 3-6).**

10

To the eternal God, a thousand years are like a "watch in the night". A "watch in the night" is about four hours long.

Moses also compares our lives to grass.

"...man returns to dust" (v. 3, ESV).

11

**Psalm 90: A Prayer of Moses**

- I. **God is eternal (vv. 1-2).**
- II. **Man's life is fleeting (vv. 3-6).**
- III. **Man's life is transitory because of God's judgement on sin (vv. 7-11).**
  - A. **God's judgement on sin.**

12

**Hebrews 4:13**

Neither is there any creature that is not manifest in His sight: but all things are naked and opened unto the eyes of Him with who we have to do.

13

### Psalm 90:7, 9

We are consumed by thine anger,  
and by thy wrath are we troubled.

For all our days are passed away in  
thy wrath: we spend our years as a  
tale that is told.

“...we bring our years to an end like  
a sigh” (v. 9, ESV).

14

### Psalm 90: A Prayer of Moses

- I. God is eternal (vv. 1-2).
- II. Man's life is fleeting (vv. 3-6).
- III. Man's life is transitory because of God's judgement on sin.
  - A. God's judgement on sin.
  - B. Man's life is transitory.

15

“threescore and ten...fourscore  
years”

**One score** = twenty years

Most of us can expect to live  
around 70-80 years old.

16



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17

### Psalm 90:10b

...yet is their strength labour and  
sorrow; for it is soon cut off, and  
we fly away.

18

### Hebrews 9:27

And as it is appointed unto men  
once to die, but after this the  
judgement.

19

## 2 Corinthians 5:10

For we must all appear before the judgement seat of Christ; that every one may receive the things *done* in *his* body, according to that he hath done, whether *it be* good or bad.

20

## Psalm 90:11 (ESV)

Who considers the power of your anger, and your wrath according to the fear of you?

**Answer:** A wise man.

21

## Psalm 90: A Prayer of Moses

- I. God is eternal (vv. 1-2).
- II. Man's life is fleeting (vv. 3-6).
- III. Man's life is transitory because of God's judgement on sin (vv. 7-11).
- IV. We must spend our short time on earth wisely (vv. 12-17).

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## v.12 is the heart of the Psalm

So teach *us* to number our days, that we may apply *our* hearts unto wisdom.

23

**v.13** - A heart of wisdom yearns for God's presence and mercy.

**v.14** - A heart of wisdom seeks joy and satisfaction in God.

**v.15** - A heart of wisdom seeks God's restoration after experiencing His judgement.

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**v.16** - A heart of wisdom prays for God's glorious works to manifest in their lives and their children's lives.

**v.17** - A heart of wisdom is wholly dependent on the Lord and seeks His blessing for all endeavours and undertakings.

**Numbered Days, Wise Ways**

Psalm 90

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