

"THE BOOK OF PSALMS"**Book IV (90-106)****Psalm 90: A Prayer of Moses****April 21, 2021**

Introduction: Psalm 90 is the only one written by Moses and thus the oldest in the Psalter. From (verses 7-12), is suggested that it was written at the end of the years of wandering in the wilderness. It is a prayer for the new generation of Israelites who will enter the Promised Land. There are four parts to its message. First, Moses describes the eternity of God (verses 1-2). Then, in contrast, he explores the brevity of man before God (verses 3-6). Four key comparisons are used:

- (1) A thousand years are like one day to God.
- (2) A thousand years are like a watch in the night (three hours). The implication of these comparisons is simple: if a thousand years to God are like a day or a night watch, man's life is like a vapor.
- (3) Your life is like a particle swept away by a flood.
- (4) Your life is like a blade of grass that sprouts, fades, withers, and dies in a day.

Moses was most qualified to speak of death, since he witnessed an entire generation perish in the wilderness. The third part of the psalm may be described as the condemnation of man (verses 7-10). Moses speaks here of the wilderness experience. Finally, he concludes with a petition (verses 11-17), in which he asks the Lord that the Israelites might be given God's work to do one more time, that is, the work of taking the Promised Land.

Outline:

- I. The Lord is God (1-2)
- II. God's Authority over humanity (3-6)
- III. God's Wrath (7-10)
- IV. Proper Response to God's Wrath (11-12)
- V. Prayer for God's Mercy (13-16)
- VI. May the Lord Be Our God (17)

Psalm 90 - A Prayer of Moses the man of God.

¹Lord, 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,
Even from everlasting to everlasting, You *are* God.

³You turn man to destruction, And say, "Return, O children of men."

⁴For a thousand years in Your sight *Are* like yesterday when it is past,
And *like* a watch in the night.

⁵You carry them away *like* a flood; *They are* like a sleep. In the morning they are like
grass *which* grows up:

⁶In the morning it flourishes and grows up; In the evening it is cut down and withers.

⁷For we have been consumed by Your anger, And by Your wrath we are terrified.

⁸You have set our iniquities before You, Our secret *sins* in the light of Your countenance.

⁹For all our days have passed away in Your wrath; We finish our years like a sigh.

¹⁰The days of our lives *are* seventy years; And if by reason of strength *they are* eighty years, Yet
their boast *is* only labor and sorrow;

For it is soon cut off, and we fly away.

¹¹Who knows the power of Your anger? For as the fear of You, *so is* Your wrath.

¹²So teach *us* to number our days, That we may gain a heart of wisdom.

¹³Return, O LORD! How long? And have compassion on Your servants.

¹⁴Oh, satisfy us early with Your mercy, That we may rejoice and be glad all our days!

¹⁵Make us glad according to the days *in which* You have afflicted us,
The years *in which* we have seen evil.

¹⁶Let Your work appear to Your servants, And Your glory to their children.

¹⁷And let the beauty of the LORD our God be upon us, And establish the work of our hands for
us; Yes, establish the work of our hands.

Review Questions: Read Psalm 90 again in at least 3 different translations.

1. Who was the author of Psalm 90?
2. What kind/genre of psalm this?
3. What is psalm 90 about?
4. He was clearly _____ their/our provider.
5. Name at least 3 things that the Lord is for us.
6. From _____ to _____, thou art God.
7. What are some of the names of God that show His eternity?
8. From _____ thou art, and to _____ thou shalt return.
9. A thousand years in God's sight is as a watch _____.
10. God is not controlled by time, He is the _____ of time.
11. We are like _____ that comes up in the spring and dies in the fall.
12. His Light searches the heart and soul of man and reads us like a _____.
13. How many years does verse 10 say we should live, if we have a normal life?
14. To be absent from the body, is to be present _____.
15. So teach us to number our days, that we may gain a _____.

Reflection: How has this psalm spoke to you personally, (Pre and Post Pandemic)?

Prayer: Gracious and Loving Lord, who from everlasting to everlasting You are God. Help me to know my days and live a life pleasing to You. Amen

Writing exercise “in your own words”. Pick a portion of Psalm 90 and rewrite in your “own” words?

Next Study Psalm 91