

“The Days of Our Lives”
Psalm 90
September 20, 2026 | Mercy Hill Church

Big Idea: Because our lives are fragile and fallen before an everlasting and holy God, we can only find joy and purpose in this present life by seeking His grace and wisdom (in and through Jesus)

- 1. The Everlasting God & Our Momentary Lives (vv.1-6)**
 - (cf. Gen 3:19, Psalm 103:15-16, Isa 40:6-8)
 - God is Eternal (vv.1-2)
 - Communicable & Incommunicable Attributes of God
 - We Are Finite(vv.3-6)
- 2. The Holy God & Our Broken/Troubled Marred Lives (vv.7-11)**
 - (cf. Heb 4:13, Rom 3:23, Ecc 12:14, James 4:14)
 - We Are All Sinful/Sinners Before God (vv.7-8)
 - The Futility (& Temporary Nature) of Life (in a Fallen World/Under God’s Judgment) (vv.9-11)
- 3. The Gracious God & Our Meaningful Live (vv.12-17)**
 - (cf. Eph 5:15-16, Psalm 63:3, Psalm 103:5, John 6:35, 1 Cor 15:58)
 - Live Life with Perspective & Wisdom (v.12a)
 - Comes Only From God’s Mercy & Grace (vv.12b-13)
 - Find True Satisfaction, Joy & Gladness From and In God – Including Our Work (vv.14-17)

Reflection Questions

- What does Psalm 90 reveal about God and humanity?
- What feelings or thoughts come up when you contemplate the brevity of life?
- How have you experienced the frustration and futility of life?
- Are there sins or patterns of sin in your life that you’re minimizing or perhaps even ignoring or denying?
- What am I currently looking to for satisfaction in life?
- If God were to “teach me to number my days” today, what is one thing He might be asking you to start, stop, repent of or surrender in your life?
- What would change this week if I genuinely believed that my life is short, God is eternal, Christ has redeemed me, and my labor in Him is not in vain?
- Parent Corner: How do the truths of these verses shape how you might parent and raise up your children? What does it look like for you as a parent to "number the days" and "get a heart of wisdom" with your children?