

THE BOOKS OF PSALMS





THE HEBREWS' JOURNEY FROM EGYPT TO THE PROMISED LAND



PSALM 90:1-11

FROM EVERLASTING TO EVERLASTING

Lord, you have been our dwelling place
in all generations.

² Before the mountains were brought forth,
or ever you had formed the earth and the world,
from everlasting to everlasting you are God.

PSALM 90:1-2

³ You return man to dust
and say, “Return, O children of man!”
⁴ For a thousand years in your sight
are but as yesterday when it is past,
or as a watch in the night.

PSALM 90:3-4

⁵ You sweep them away **as with a flood**; they are like a dream,
like grass that is renewed in the morning:
⁶ in the morning it flourishes and is renewed;
in the evening it fades and withers.

PSALM 90:5-6

“

Let the lowly brother boast in his exaltation, and the rich in his humiliation, because *like a flower of the grass he will pass away.* For the sun rises with its scorching heat and *withers the grass;* its flower falls, and its beauty perishes. So also will the rich man fade away in the midst of his pursuits.

JAMES 1:9-11

“

All flesh is like grass
and all its glory like the flower of grass.
The grass withers,
and the flower falls,
but the word of the Lord remains forever.

1 PETER 1:24-25

⁷ For we are brought to an end by your anger;
by your wrath we are dismayed.
⁸ You have set our iniquities before you,
our secret sins in the light of your presence.

PSALM 90:7-8

⁹ For all our days pass away **under your wrath;**
we bring our years to an **end like a sigh.**

¹⁰ The 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.

¹¹ Who considers the **power of your anger,**
and **your wrath** according to **the fear of you?**

PSALM 90:9-11

PSALM 90:12-17

NUMBER OUR DAYS

- ¹² **So teach** us to number our days
that we may get a heart of wisdom.
- ¹³ **Return,** O Lord! How long?
Have pity on your servants!
- ¹⁴ **Satisfy** us in the morning with your steadfast love,
that we may rejoice and be glad all our days.
- ¹⁵ **Make** us glad for as many days as you have afflicted us,
and for as many years as we have seen evil.

PSALM 90:12-15

- ¹⁶ **Let your work** be shown to your servants,
and your glorious power to their children.
- ¹⁷ **Let 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!

PSALM 90:16-17

LIVE THE TEXT

A stylized illustration featuring a light-colored path that leads from the foreground through an open gate into a green field. The gate is formed by two dark blue pillars with tan-colored bases and tops, connected by a dark blue metal railing. The pillars are inscribed with text. In the background, there are dark blue mountains under a pale yellow sky. A large, bright red sun is rising between the mountains, with several light-colored rays emanating from it. The overall style is flat and geometric.

PSALM 1:
THE WAY
OF THE
RIGHTEOUS

PSALM 2:
THE REIGN
OF THE
KING

1. **Remember** that your life belongs to God. (Psalm 90:1-2; 5-6)
2. **Seize** the day by tending to what is important now. (Psalm 90:12)
3. **Stop** allowing trivial things to consume your life. (Psalm 90:12)
4. **Seek** a “heart of wisdom” before seeking success. (Psalm 90:12)
5. **Invest** in the next generation. (Psalm 90:16)
6. **Share** the gospel while you live! (Psalm 90:17)

LIVE THE TEXT