



STRAIGHT FROM THE HEART PT 4: NUMBERED DAYS

Imagine what it would be like to feel completely powerless. Nowhere is the sense of powerlessness more evident than when it comes to the concept of time. Time is deceitful. Someone once said, "we tend to overestimate what we can do in a day and underestimate what we can do in a lifetime." The thing about time is that we all get the same 24 hours a day, yet none of us are promised the next 24 seconds. What do we do with today?

Big Idea: Big Idea: Don't just count the days; make the days count.

DISCUSSION QUESTIONS

1. What do you think of when you hear the phrase, "One thousand years"?
2. What are some of the things you'd like to do in the next five years? Next ten years? Before you die?
3. Before you die, what is one: Book you'd like to read? Place you'd like to go? Deed you'd like to do?
4. With your Bible or Bible App, **read Psalm 90.**
5. What is the theme of this prayer? How does this prayer reveal Moses' humility? What picture does this psalm paint about our state before God?
6. What caused Moses to turn to God for help? How did Moses describe humankind's condition under God's wrath? (90:3-10) What imagery is used to highlight humankind's insignificance and God's greatness? (90:4-6)
7. How does this passage challenge us to depend on God rather than rely on our own abilities and strength?
8. What does it mean to "number our days"? How much longer do you expect to live? What should motivate us to turn to God for help? How does remembering God's help in the past encourage you to trust Him with your future?
9. How could you remind yourself of God's past faithfulness more often?
10. What change do you need to make in your attitudes or actions to show God the respect and honor He deserves? What concrete action could you take this week to entrust the Lord with your future?