

PSALMS

songs for all of life

DISCUSSION GUIDE

A SONG FOR THE LIMITED: PSALM 90

Read the Text

Psalm 90

- ¹ 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.
- 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.
- 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.
- 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.
- 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?

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.

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!

Main Point

It's a common thing for people to wonder if their life matters. We want to impact the world for the better, we want to be remembered, and we want to accomplish our goals. But the reality is that we don't actually know how many days God has for us here on earth. ***Psalm 90 is a prayer for limited, temporary people who long to know that their lives have a purpose beyond their lifespan.***

There's a tension that comes into this though. On the one hand, we desire eternity because we want to make an impact and have significance. But on the other hand, the truth is that most of us will be forgotten in a couple generations... at most! That may seem depressing, but it's not. God actually created us for eternity, but our home isn't here on earth – our home is in Him. ***We are limited people who were created for eternity.*** That gives us hope in this fallen and transient world. Our true home is in God and even if we only accomplish a small fraction of what we

wanted to here on earth, we can rest knowing that our true home is waiting for us in Heaven.

So how do we live in this tension of knowing that we are limited beings who desire eternity? ***The good news for followers of Jesus is that we can actually embrace our limits by realizing this life is temporary and knowing that we can look to our loving Father to satisfy our eternal hunger.*** We were made to find our eternal home with God. It's for this reason – that we have eternity with Him – that we can accept our limits. This is good news! We don't need to cram in every single thing into this life. We don't need to fret about wasted moments or opportunity. Instead, we can slow down. We can rest. We don't have to do it all. We can embrace our limits.

Reflect Together

- 1. *Who is God?*** What does it mean to find your home in God? How is that different than finding our home on earth?
- 2. *What has He done?*** Why do you think God made us with limits? How is that for our good and His glory?
- 3. *Who are you?*** How do you seek to deny or escape your limits? How do you pursue eternity?
- 4. *What are you to do?*** What is a next step you can take in accepting and embracing your limits? Do you need to slow down? Take more time to rest and Sabbath? Let go of some aspirations?

Abide Together

Accepting our limits and looking to eternity with God can bring us to a healthy place of rest. Consider the Sabbath. What does sabbath look like in your life? What do you want it to look like? Discuss if or how you sabbath and learn from one another and challenge each other to prioritize it. You can check out our Sabbath Spiritual Formation Guide (which Ken wrote!) on the Doxa app.