

Teach Us to Number Our Days

Psalm 90

1. A Praise of Our Eternal God (vs.1-2)

The eternity of God is a source of great hope and confidence, and it should be a reason for which we give Him praise. Moses' use of "from everlasting to everlasting" is a way that he describes God as the all existing one.

Exodus 3:6, 14; 6:3 (cf. Isa. 42:8); Psalm 41:13; 93:2; 100:5; 103:17; 106:1

2. Man is Temporary (vs.3-6)

We are so easily consumed with all that is going on in our lives that we can often forget that our life is very short even though some seasons may seem endless as we are going through them. We must be diligent to remember to examine the world and our own lives from the perspective of the eternity of God instead of from our own experience.

Gen 3:19; Deut 32:39; Job 14:1-2; Ps. 39:5; James 1:10; 4:14

3. Sin is the Reason For Our Death (vs.7-9)

The unrelenting reality of death can embitter people to all things, but as Christians we must always remember the reason why we have to endure death. The sin of Adam is what brought about death, but we also must be mindful of the impact of the sins which we have done ourselves. We must never believe the lie, even for a moment, that there is any such thing as a sin that we do which is a secret.

2 Sam 12:1ff; Ps. 19:12-14; 139:1-4; Ecc 12:14; Jer 16:17; 23:24; Ezek 8:12; Luke 12:1-2; Rom 2:16; Heb. 4:1

4. A Request For Wisdom (vs.10-12)

As we maintain a proper perspective of our lives in light of eternity (vs.1-2, 3-6) as well as the ultimate just reason for why we must endure death (vs.7-9), we can then ask the Lord to help us to be wise in the world in which we live. We must submit to try and understand our lives in the way in which God has described and not in any other way.

Eph. 5:15; Ecc. 3:1-2; Ps. 139:16; Job 14:1-2, 5; Ecc 7:2, 14; Hab 3:17-19; cf. Matt 6:25ff;

5. A Plea for Mercy and Care (vs.13-17)

The more that we see the world from the perspective of the Creator and not from the perspective of His creation, the more we will be ready to look to Him for all of hopes and satisfaction. The more that we remember the God who has shown Himself to be our refuge (v.1), the more we will cast all of our cares and our hopes upon Him.

Ps. 16:2; 27:4; 63:3-5; 65:4; 84:10-12; 119:50, 67, 75, 92; Rom. 8:28-29; Heb. 12:10-11; Deut. 6:4ff; 2 Cor. 3:18; Rom 12:1-2; Prov. 16:1-3; Ecc. 12:13-14; 1 Cor 15:58; 2 Thess 2:16-17