

Week 8 - “Psalm 90 – Trusting In The Eternal God”

The Aim of the Session

Recent sessions have involved the realities of life: endurance through suffering, being in a desert place or persecution. This session aims to help us see the enormity of God’s love for us in Jesus wherever we are - and why we should praise him in return!

- **Welcome**

What occasion in your life do you look back on as the happiest of moments?

- **Worship**

What has happened to you this week which has been a good time – a conversation, a moment of “success”, a simple joy you’ve experienced. Share them. Read Psalm 100 and list the things which the Psalmist offers as reasons for us to praise. Give thanks to God!

- **Word**

- ❖ What causes us to give thanks for something?
- ❖ Why do we sometimes forget?
- ❖ What does that say about us and the world of today?
- ❖ Is the same true in our relationship with God?
- ❖ How important do we see the aspect of praise in our Church life?
- ❖ Have we got it right?

Read Psalm 90:1-4. Note that this is a prayer of Moses!

- What aspects of who God is do we see in these verses?
- What do they say about how he sees our life?
- How should we react to this understanding of the God we worship?
- How do we often react in reality?

Read Psalm 90:5-13. In these quite hard verses, the Psalmist reflects on God’s holiness, our sin and our desire to find a life that is satisfying and complete.

- How does the Psalmist see life?
- How does the Psalmist see God’s reaction to our sin?
- How does the Psalmist see the relationship between the two?
- How do we see these things?

Read Psalm 90:13-17. Note that at the time of Moses, the idea of life after death was not understood in the same way that the Resurrection of Jesus promises. As a result, the emphasis was on how we relate to God in this life.

- How does the Psalmist reflect and react to God’s wrath (v13)?
- What is the key to this change in the tone of the Psalm (v14)?
- How should we live our lives as a result?
- What additional promise do we have that offers even greater hope?
- How should that affect the way we live?
- What is the key to that promise?

Read Romans 5:6-9 in the light of the two Psalms we have read.

- What have we learnt about the extent of God's hatred of our sin?
- What have we learnt about how and why he reacts as a result?
- What does this say about the enormity of God's love? (Think Psalm 136!)
- What happens when we "play down" his view of our sin?
- How should we respond in praise therefore?

- **Works**

- ❖ Why is it that praising God in Church services are sometimes "hard work"?
- ❖ What is our part in this?
- ❖ Are there things we should reflect on and maybe change?
- ❖ If so, what do we need to do?

Please use this time to think positively rather than negatively! And pray about what we should do to practically to respond to what God is saying to us.



Next Time ...

Psalms: Seeking God Through Honesty and Reality

9 – Psalm 94 "The God Who Judges"