

## Heart to Heart with the Living God

## Psalm 90

*"Lord, you have been our dwelling place throughout all generations." Psalm 90:1*

The children of Israel were slaves in Egypt for four hundred years until God sent the deliverer — Moses. Then they wandered in the desert for forty years before they settled in the Promised Land. This psalm was written by Moses during their time of wandering.

**Day 1: Read Psalm 90.**

1. When you think of a "dwelling place" what comes to mind?
2. What do you think it means for God to be our dwelling place?
3. Considering the Israelites' history, why is the concept of God as their dwelling place such a comfort?

**Day 2: Read Psalm 90:1-11.**

4. The first eleven verses of this psalm lay a foundation for Moses' prayer in the last six verses by comparing God and man.
  - a. What do these verses teach about what God is like both directly and indirectly?
  - b. What do these verses teach us about man?
  - c. Why do you think Moses makes these contrasts between God and man, before leading the people in prayer?

**Day 3: Read Psalm 90.**

5. What kind of relationship did God want to have with his people? (Deut 4:32-40)
6. How have the people responded to God's covenantal love? (Skim back through Psalm 106:7-33.)

7. What is God's response? (vv. 7-11; Ps. 106:40)
8. In light of God's anger, what is the Israelites' hope? (vv. 13-15)
9. Just like the Israelites, we are also rebellious and sinful and just as deserving of God's wrath.
  - a. What is our only hope for rescue? (Rom. 5:6-11)
  - b. What has God done to spare us from experiencing his wrath? (Eph. 2: 1-5)

**Days 4 and 5: Read Psalm 90.**

10. What does it mean "to number our days aright" (v. 12)? (Ps. 39:4; Eph. 2:10)

How does this make us wise?

11. What does Moses know about God that is revealed in the way he prays? (Ex. 34:6-7)
12. What does Moses ask of God in his prayer? (vv. 12-17)
13. How has God answered Moses prayer in Christ? (Jn. 15:9-17)
14. Given what we have learned about who God is and who man is, why do you think the Psalmist concludes by asking God to confirm or establish the work of his hands? (1 Sam. 2:6-10) Pray and ask God to do this in your life.