

THE PRAYER OF A REALIST

PSALM 90

A prayer of Moses the man of God.

- ¹Lord, you have been our dwelling place
throughout all generations.
- ²Before the mountains were born
or you brought forth the whole world,
from everlasting to everlasting you are God.
- ³You turn people back to dust,
saying, "Return to dust, you mortals."
- ⁴A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
- ⁵Yet you sweep people away in the sleep of death—
they are like the new grass of the morning:
- ⁶In the morning it springs up new,
but by evening it is dry and withered.
- ⁷We are consumed by your anger
and terrified by your indignation.
- ⁸You have set our iniquities before you,
our secret sins in the light of your presence.
- ⁹All our days pass away under your wrath;
we finish our years with a moan.
- ¹⁰Our days may come to seventy years,
or eighty, if our strength endures;
yet the best of them are but trouble and sorrow,
for they quickly pass, and we fly away.
- ¹¹If only we knew the power of your anger!
Your wrath is as great as the fear that is your due.
- ¹²Teach us to number our days,
that we may gain a heart of wisdom.
- ¹³Relent, LORD! How long will it be?
Have compassion on your servants.
- ¹⁴Satisfy us in the morning with your unfailing love,
that we may sing for joy and be glad all our days.
- ¹⁵Make us glad for as many days as you have afflicted us,
for as many years as we have seen trouble.
- ¹⁶May your deeds be shown to your servants,
your splendor to their children.
- ¹⁷May the favor of the Lord our God rest on us;
establish the work of our hands for us—
yes, establish the work of our hands.

TRANSFORMED BY THE TRUTH

QUESTIONS FOR REFLECTION & DISCUSSION

1. Do you consider yourself an optimist, a pessimist, or a realist? How has the past shaped your expectations about the future?
2. Read Psalm 90:3-10. Do you think this is an accurate picture of life? How do you explain the brevity and brokenness of life?
3. Read Psalm 90:11-12. Why is it wise to know the power of God's anger and to number our days?
4. Read Psalm 90:13-16. Do you believe God has answered, or will answer, this prayer in your life? If so, how and when?
5. Read Psalm 90:17. What are some things the Bible says you can do during your fleeting life that will have lasting significance? To what extent are you living for what lasts right now?