

# Teach Us To Number Our Days: The Discipline of Keeping Perspective

Psalm 90

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Tuesday Morning Men's Bible Study

Park Cities Presbyterian Church

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## Psalm 90

Lord, you have been our dwelling place  
in all generations.

<sup>2</sup> Before the mountains were brought forth,  
or ever you had formed the earth and the world,  
from everlasting to everlasting you are God.

<sup>3</sup> You return man to dust  
and say, "Return, O children of man!"

<sup>4</sup> For a thousand years in your sight  
are but as yesterday when it is past,  
or as a watch in the night.

<sup>5</sup> You sweep them away as with a flood; they are like a dream,  
like grass that is renewed in the morning:

<sup>6</sup> in the morning it flourishes and is renewed;  
in the evening it fades and withers.

<sup>7</sup> For we are brought to an end by your anger;  
by your wrath we are dismayed.

<sup>8</sup> You have set our iniquities before you,  
our secret sins in the light of your presence.

<sup>9</sup> For all our days pass away under your wrath;  
we bring our years to an end like a sigh.

<sup>10</sup> 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.

<sup>11</sup> Who considers the power of your anger,  
and your wrath according to the fear of you?

- <sup>12</sup> So teach us to number our days  
that we may get a heart of wisdom.
- <sup>13</sup> Return, O LORD! How long?  
Have pity on your servants!
- <sup>14</sup> Satisfy us in the morning with your steadfast love,  
that we may rejoice and be glad all our days.
- <sup>15</sup> Make us glad for as many days as you have afflicted us,  
and for as many years as we have seen evil.
- <sup>16</sup> Let your work be shown to your servants,  
and your glorious power to their children.
- <sup>17</sup> 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!

#### Table Discussion Questions:

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1. How might facing the prospect of death shape decision-making in the present? How might it give us "a heart of wisdom"?
2. How do you relate to the prospect of your own death? Does it seem distant, and thus unimportant? Or, does it weigh on you? If so, how?
3. How have these concerns changed for you as you've grown older? What does age have to offer youth, and vice versa?
4. What "work of your hands" do you hope God will establish?
5. How has Jesus been a refuge for you, especially as you've faced your own limits?

#### Challenge this Week:

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Ask God to teach you to number your days that you might gain a heart of wisdom. Think about your own calendar: is it a reflection of time as a precious gift, of divine accountability, and of God's steadfast love?