

LESSON 28

# A HEART OF WISDOM

## *Psalm 90*

*A Prayer of Moses, the man of God.*

- <sup>1</sup>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!

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**WELCOME:** *Fixing Our Focus*

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Imagine that you have been recently diagnosed with a terminal disease and your doctor had informed you that you only have a couple of months left to live. How would you live knowing your remaining time here on earth is short?

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**WORSHIP:** *Adoring Our God*

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Suggested songs:

*O God Our Help in Ages Past* by William Croft

*God of the Ages* by Travis Doucette

*Better is One Day* by Matt Redman

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**WORD:** *Understanding the Word*

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*Lesson Aim:* Members will decide to list their priorities for the remaining years of their life.

**Introduction**

For many people today, “to be happy” is the most important goal in life. Every decision that they make is done based on the question, “Will this make me happy?” Unfortunately, not every decision that is motivated by personal happiness is beneficial or good. For example, a married man leaves his wife of 30 years and pursues a younger woman because he just wants to be happy. Is that an honorable decision?

Our study today will teach us that we are ultimately accountable to God, not to ourselves, for the way we live our life on earth. How then should we live so that our lives are in tune with God?

**Leader:** Lead in reading Psalm 90 aloud together. Then read the paragraph on the “Key Verse.”

**Key Verse:** “So teach us to number our days that we may get a heart of wisdom” (v. 12). A heart that is filled with the wisdom of God will seek to know God, please him and walk in his ways.

*Go through the whole psalm again and underline the phrases that talk about what God does or had done. For example: “you had formed” (v. 2), “You return” (v. 3).*

**Psalm 90:1-2. Theme:** \_\_\_\_\_

1. Recall the life of Moses. Try to summarize his life in three major stages:

Stage 1:

Stage 2:

Stage 3:

2. In view of these three stages, what do you think is the meaning and significance of Moses’ declaration that the Lord has been his “dwelling place”?

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**The phrase  
“dwelling place”  
may also be  
translated as  
‘home,’ ‘refuge’ or  
‘place of defense.**

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3. Identify and explain the attribute of God that Moses talks about in verse 2. In your opinion, did God’s help to his people begin only during the time of Moses? Explain your answer.

*In the space above, write what you think is the theme of verses 1-2.*

**Psalm 90:3-11. Theme:** \_\_\_\_\_

4. Read verses 3-6. How did Moses compare and contrast man with God?
  
  
  
  
  
  
  
  
  
  
5. According to verses 7-8, what is reason for the shortness of man's life?
  
  
  
  
  
  
  
  
  
  
6. Describe how life under the wrath of God is like (*v. 9-10*).
  
  
  
  
  
  
  
  
  
  
7. In your opinion, what causes God to be angry? Read Exodus 32:7-10 for an example in the life of Moses (*v. 11*).

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**Methuselah lived  
for 969 years  
(Genesis 5:27).  
For us, that is a  
very long time.  
For God, however,  
a thousand years  
seems like just a  
single day in the  
past.**

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*In the space above, write what you think is the theme of verses 3-11.*

**Psalm 90:12-17. Theme:** \_\_\_\_\_

8. What is the meaning of Moses' prayer, "So teach us to number our days?" What are the implications of such prayer (*v. 12*)?

9. What is the significance of getting a “heart” of wisdom? Isn’t wisdom for the “mind?”
  
10. Aside from wisdom and personal transformation, what else did Moses ask from God (*vv. 13-17*)?
  
11. What do you learn of God from these verses?

*In the space above, write what you think is the theme of verses 12-17.*

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### **WALK: *Applying the Word***

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#### **Questions for Adults**

1. If you live to be 70 years old, you will have lived approximately 25,567 days. How many days do you have left? What are the things that you would focus on doing during these remaining days?
2. Moses prayed, “Let the favor of the Lord our God be upon us” (v. 17). In what areas and/or activities of your life would you want to experience the favor of God? Why? Share this with the group.
3. Individually and as a group, pray back this psalm to God. You could start by saying something like:

*O Lord, teach us to number our days that we may get a heart of wisdom...*

4. Pray for GCF (Prayer requests supplied by the Leader).

#### **Questions for the Youth**

1. YOLO: You only live once. A term or phrase that we young people use to justify all the crazy acts we do. “We’re here for a good time, not a long time,” as some may also say. We have yet to face the reality of toil, work, and the monotony of daily work for survival. But this

Psalm outlines exactly that: we will work, we will toil, and we will all pass away one day. Have you ever reflected the future after your graduation?

2. As young people, we want to live a life of purpose. We want to be able to make a difference or at least do something of significance. What do you feel as though your purpose could be? What impact do you feel you can impart to the world?
3. Have you ever tried asking and seeking God for your purpose? How can you and your group help you intentionally seek God's calling?

### **Questions for Children**

1. The psalmist mentioned that God had our sins in front of him, even our secret sins. How does it make you feel, knowing that God knows all your sins and he is angered by sin?
2. The psalmist said that we normally live up to seventy or eighty years, and yet those years are filled with "toil and trouble." Have you heard your grandparents talk about their life (whether past or present)? How do their stories reflect the same truth mentioned by the psalmist?
3. The psalmist asked God to teach him to number his days, so that he may become wise. What do you think is the connection between the two? What does it mean for you to number your days and how will you go about it?