

Psalm 90

How should we then pray—live?

Our praying should be the prelude to our living

The introduction tells us that it is a prayer by Moses, the man of God

Probable background to Psalm 90—Numbers 20

Two deaths, Miriam and Aaron

Judgment of God on Moses for striking the rock

An overview of the Psalm tells us the background of the prayer is daily life or living

Example, V.3, from dust back to dust, V.5, swept away in death V.9, Days passing away, finish our years with a sigh, V.10, the length of our days finds trouble and sorrow

It is obvious that this prayer is prayed from the viewpoint of daily life that is moment by moment rolling towards its final moment

There are three sections to the prayer

#1. Vs.1-2 Looking at God—the eternal

Everlasting/eternal in his being

Creator everything

#2. Vs.3-11 Looking at life—the temporal

Vs.3-4, Time

V.5-6, Death

Vs.7-8, Sins

Vs.9-11, God

#3. Vs.12-17, Thinking of needs—daily living

v.12, need wisdom for living

v.13, need compassion from God

v.14, need fulfillment and joyfulness

v.15, need gladness and help when trouble arises

v.16, need to know and understand what God has done

v.17, need God's favor to rest upon us so that life has value

Two conditions that affect us when we pray—regrets and neglects

Regrets cannot be changed because they are fixed

Neglects can be changed because we can correct them

Vs,12-17, the personal part of the prayer

- 1) V.12, *"Teach us to number our days that we may gain a heart of wisdom."*
- 2) V.13, *"Relent (return), O Lord! How long will it be? Have compassion on your servants."*
- 3) V.14, *"Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days."*
- 4) V.15, *"Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble."*
- 5) V.16, *"Let your deeds be shown to your servants, your splendor to their children."*
- 6) V.17, *"Let the favor of the Lord our God rest upon us; establish the work of our hand for us"*

Practical suggestions for the New Year

- 1) Read Psalm 90 once a week for the first quarter, Jan-March
- 2) Pray the six petitions for yourself, your church, and for someone else regularly
- 3) Read Psalm 91 weekly the second quarter, April—June
- 4) Read through the New Testament in the last half of the year, July—December
- 5) Pray 7 minutes a day four times a week