



Living A Life That Counts

Psalm 90:1-17

#23 in a series on the Psalms

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Theme: Count Your Days So That Your Life Will Count.

Look Beyond Yourself—Recognize That God Really Exists.

1. A view and acceptance of facts.

(1-2; cf. 71:1-3; 89:11-12; 91:1-2; 102:25; 148:1-6; Genesis 1:1 Deuteronomy 33:27; 2 Kings 19:15; Nehemiah 9:6; John 1:1-3; Colossians 1:16-17)

2. A view and statement of faith.

(1-2; cf. 78:21-22, 32-33; John 1:12; 3:15-18, 36; 6:40-47; Romans 1:16; 4:5; 9:33; 10:8-11; Ephesians 2:8-10; Philippinas 3:9; Hebrews 11:1-6; 1 Peter 2:6)

Look Within Yourself—Realize Your Limitations.

1. The slightness of your strength.

(3-6, 10; cf. 103:14-16; 104:29; Ecclesiastes 12:1-8)

2. The sinfulness of your nature.

(7-8; cf. 5:5; 14:1-3; 44:21; 50:21; 51:5-7; 130:3-4; Ecclesiastes 12:14; Isaiah 53:6; Jeremiah 16:17-18; Acts 10:42; Romans 3:23)

3. The shortness of your life.

(9-12; cf. 78:32-33, 39; 39:4-5; Ecclesiastes 12:1-8)

Look To God—Receive His Grace.

1. Seek God's presence in your life.

(13; cf. 6:2-4; 9:10; 14:2; 27:8; 63:1; 80:14-19; 105:4; 119:2)

2. Seek and receive God's presence—His forgiveness, life, love and joy.

(14-17; cf. Isaiah 53:6; Matthew 7:7; Luke 13:24; 19:10; John 1:9-13; 3:14-21, 36; 14:6; Acts 16:30-31; 2 Corinthians 5:17-21; Ephesians 2:8-10; 1 Peter 2:24; 3:18; 1 John 5:11-12)

In My Life This Week

(As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.)

Monday. Psalm 90 is the oldest Psalm, written by Moses, and deals with some of the oldest, most basic questions and issues. Does God exist? Who are we and what are we like, *really*? How do we make sense of our brief, fragile time on earth? How can we make our lives count, *really*? Read through the Psalm several times to get the overall picture, flow and message God has for us.

Tuesday. Living a life that counts means counting our days in a way that results in true wisdom (see verse 12). This involves looking beyond ourselves and recognizing that God really exists (see verses 1-2). The Bible tells us God exists and created all that exists. Our observations of the world and universe point to an intelligent, orderly Creator, but we can't see or touch God physically. Check the references in the outline as you explore your own thinking on the facts and your faith that God really exists.

Wednesday. Counting our days and living a life that counts involves looking within ourselves and recognizing our limitations. While people recognize they are neither invincible or perfect, many struggle with their true nature as God reveals it here. Check the outline and go over, think through the slightness of strength, sinfulness of nature and shortness of life we all share. How does that make you feel? How do you respond to this truth? How does it shape your view of everyone you know—Christians and non-Christians?

Thursday. Counting our days and living a life that counts also involves looking to God and receiving His grace. If God's truth about and for us did not include this there would be no hope for us to live a life that really counts, to God being with us and us being with Him now and forever. As you review these familiar truths (guided by the last point in the outline), how do you respond to God? How are you going to adjust your thinking (if and wherever needed) about living a life that really counts? How does this shape your thoughts about and relationships with people who do not know Christ?

Friday–Saturday. This is Thanksgiving weekend. On Sunday we plan to thank God, celebrate His goodness together and look at Psalm 65. Read and think through this Psalm as you prepare for our time of worship together.

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