

Psalm 90
Discussion Questions

1. Moses experienced life in the palace, the wilderness, and leadership over Israel. How have different “seasons” in your life shaped your understanding of God’s faithfulness?
2. Psalm 90 emphasizes that God is eternal while we are frail and finite. How does remembering God’s greatness change the way you view your daily struggles or priorities?
3. In verses 3–10, Moses reflects on human weakness and sin. Why is it important to honestly acknowledge our frailty and fallenness before God?
4. Psalm 90:12 says, “Teach us to number our days carefully.” What does it look like practically to live with that kind of perspective and intentionality?
5. Moses’ first “big prayer” is for compassion and forgiveness. Why must this be the starting point before we ask God for anything else?
6. The sermon highlights God’s “hesed” (steadfast, unfailing love). When have you experienced this kind of love from God, and how did it affect your joy?
7. Moses prays for God to “make up for the pain of the past” (v. 15). How can God redeem or bring purpose out of difficult seasons in your life?
8. In verse 16, Moses asks to see God at work. What are some ways you can become more aware of God’s activity in your everyday life?
9. Verse 17 speaks about God establishing the work of our hands. What kinds of work or investments have eternal value, and how can you focus more on those?
10. The sermon challenges us to “ask big things” of God. What is one bold, faith-filled prayer you feel led to ask God right now, and what might be holding you back from asking it?