

Summer IN THE PSALMS

When Time Goes Too Fast Psalm 90

1. Daily awareness of the **eternality** of God (v 1-2)
2. Daily awareness of the **frailty** of life (v 3-11)
3. Daily awareness of the **gravity** of my choices (v 12-17)
 - Pursue contentment (v 14)
 - Optimize suffering (v 15)
 - Extend legacy (v 16-17)

MY APPLICATION

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

1. Life is wasted one day at a time. In what ways have you seen others waste their life? Why do you think that happens?
2. In your present situation, God is working from and for eternity. What aspect of your character is He trying to develop? How are you responding?
3. Our culture pushes us to fill our brief lives with busyness. Using Psalm 90, how would you push back against that?
4. God's wisdom compels us to live one day at a time. How are you pursuing contentment in God? What is God changing in you through suffering? How are you passing on the baton of God's love and wisdom to others?
5. **Spiritual Practice:** Open your schedule today and plan: 1) Where will I use my spiritual gifts?, and 2) Who am I investing in for eternity?

Memory Verse

“So teach us to number our days that we may get a heart of wisdom.”

Psalm 90:12