

# A wise heart

## Psalm 90

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### Introduction

‘You can’t teach an old dog new tricks’ is a saying that suggests that it is almost impossible to teach someone something new once they have reached a certain age. Do you think this is true? What sort of qualities do you think we need if we are to remain teachable?

Psalm 90 is a psalm attributed to Moses. It has the title, ‘a prayer of Moses the man of God’. It is the only psalm attributed to Moses in the psalter (the book of psalms). In it he asks God to ‘teach us to number our days aright that we may gain a heart of wisdom’ (verse 12). This is the prayer that is at the heart of the psalm. Moses is asking the Lord to help us to understand our days correctly that we might gain a heart of wisdom. The psalm itself is an example of such wisdom. Please read the psalm.

### Numbering our days

The first part of the psalm is about how to understand our days. Please read verses 1 to 11.

1. Before talking about our days Moses informs us about God's days. What does Moses say about the Lord in verses 1 to 2?

2. God's days are from everlasting to everlasting. He always has been and always will be. Our days however are not like that. We have not always been there and our days will come to an end. Why are we told that they will come to an end (v4-6; c.f. Gen. 3:19)?

3. We are told the reason why we are consumed in verse 7 to 12. What is it?

4. What does the Lord see that others don't (8)?

5. What are our days like (10)?

## Think about it

What lesson about ourselves do you think we are meant to learn by considering the days of our lives aright (v12; v2)?

What do we learn about God when we consider our days?

What hope is there for us as we live out our days like this (1-2)?

## Wise prayers

Having prayed for wisdom Moses now prays from a heart of wisdom. He asks the LORD for what he really needs to live out his days on earth. Please read verses 13 to 17.

6. What does Moses ask God to relent from?

7. What does Moses want God to satisfy him with during the days of his life?

8. How does Moses believe that it is possible to be glad and rejoice during these days (c.f. Phil 4:4-7)?

9. How can the work of our hands have any meaning?

### Think about it

People in this world try to cope with the brevity of their lives in all sorts of ways. What are some of the ways they try to find satisfaction in life?

If our days are filled with trouble and ultimately they come to an end far too quickly, how is it possible to be really satisfied and be glad with life (c.f. Eccl 3:9-13)?

What is the lesson that we need to learn in life?