

Life Group Notes 16/02/25

Psalm 90

Introduction:

As many of you know, the clock tower in Southampton plays the tune to the great hymn “O God our help in ages past”, written by Isaac Watts and based on Ps 90.1-4. Isaac Watts (17 July 1674 – 25 November 1748) was born in Southampton and his statue is in Watts Park in the city centre.

Bible discussion:

Read through Psalm 90. Note that this Psalm is written by “Moses, the man of God”. He is described as God’s friend in Exodus 33:11 and is unique in his relationship to God (Deuteronomy 34:10-12).

1. How do you think Moses’ circumstances influenced the writing of this psalm? (read, for example, Psalm 95:8-11)
2. What are some phrases Moses uses to describe the nature of God in this psalm?
3. How are we described in contrast?
4. What response(s) does this contrast provoke in you?
5. What do you think it means, to “number our days, that we may gain a heart of wisdom” (v 12)?
6. How should we view difficult circumstances in the light of God’s eternal nature? (read 2 Corinthians 4:16-18)
7. What work or works might we ask God to establish? (v17)