

Bible Study Questions

A Heart of Wisdom - Psalm 90

Focus

Psalm 90 was written in a time of difficulty and death, and, therefore, in its prayer to learn how to number our days, it teaches us one of the necessary ways that we too need to respond in a time of sickness and mortality.

Read

[Psalm 90](#)

Listen

CCNYC teaching on Psalm 90 which can be found on our [website](#)

As you meet in your homes for family worship, study this passage on your own or with an online community group, here are some questions for study, reflection, and application.

Some Questions for Study and Reflection

1. Who is the author of this Psalm and what is the likely historical situation in which he wrote it (see Numbers 14:26-38)?
2. How would you describe the general tenor of this Psalm? Provide examples from the text to make your point.
3. According to verse 12, what lesson does Moses want God to teach him and why does he want to learn it?
4. What lessons does Psalm 90 teach us about numbering our days?
5. What insights does Psalm 90 give us about what a heart of wisdom looks like?

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Closing Reflection and Application

6. Reflect on and apply the following points to your own life. To number our days means:
 - a. our days have a beginning
 - b. our days have an end
 - c. our days are short

7. How often do you number your days? Is this a lesson that you need to learn more fully?

8. Why is a time of sickness and mortality a special call for us to learn this lesson? Are you able to see that this is one of the ways that God is at work right now?

9. What is the danger of not learning this lesson?

10. Though the situation of God's judgment on Israel is not the same as the current situation we are facing and should not be interpreted in the same way, how can a time of affliction like we are experiencing today teach us something about sin, judgment, and death?

11. Reflect on and apply the following points to your own life. In a time of sickness and mortality, a wise heart that's learned to number its days will:
 - a. pursue God with greater commitment and intensity than it pursues anything else in this life.
 - b. carefully examine where sin has been present in our lives.
 - c. humbly repent of that sin before God, knowing that's God judgment apart from Christ is severe.
 - d. be on guard to make sure it doesn't neglect eternity.
 - e. be prepared to meet God at any moment.
 - f. place all of its hope and find all of its comfort in the good news of Jesus.

12. Do you feel like you have grown in wisdom from this study? How can you continue to grow, especially in this difficult time of sickness and mortality?