

The Psalms
(Lesson 11)

Introduction:

1. According to Luke 24:44 and Romans 15:4, we need to study and meditate upon the Psalms because they *"were written for our learning."*
2. In this lesson we are concentrating on information to be learned from Psalm 90.
3. Moses began this psalm by making the point that . . .

Discussion:

- I. GOD PROVIDES REFUGE FOR HIS PEOPLE (vs.1-2)
 - A. (vs.1) God has been the *"dwelling place"* for His people *"in all generations."*
 - B. Vs.2 implies that God will continue to provide refuge for His people.
 1. God always existed, even before the mountains and the earth appeared.
 2. However, God's existence is *"from everlasting"* [the past] *"to everlasting"* [the future].
 3. God has provided refuge for His people in the past, and He will continue to do so in the future (Psalm 46:1, 7, 11).
 - C. We need to appreciate this characteristic of God because . . .
- II. MAN IS MORTAL (vs.3-11)
 - A. (vs.3) Man is subject to *"destruction"* (Ecclesiastes 12:7a).
 - B. Even though man may live many years, his life is compared to:
 1. *"yesterday"* (vs.4a)
 2. *"a watch in the night"* (vs.4b)
 3. *"a flood"* (vs.5a)
 4. *"a sleep"* (vs.5b)
 5. *"grass"* (vs.5c-6).
 - C. (vs.7-9, 11) Man is mortal because of God's wrath and anger.
 1. God caused man to face death as punishment for sin.
 2. This is what happened to Adam (Genesis 2:7, 15-17; 3:6, 17-19).
 3. We suffer death today for the same reason (Romans 5:12).
 - D. Man's expected lifetime is approximately 70 years (vs.10).
 1. Man's life expectancy has gradually decreased since Adam was created.
 - a. Adam lived 930 years (Genesis 5:5).
 - b. Noah lived 950 years (Genesis 9:29).
 - c. Terah lived 205 years (Genesis 11:32).
 - d. Abraham lived 175 years (Genesis 25:7).
 - e. Isaac lived 180 years (Genesis 35:28).
 - f. Jacob lived 147 years (Genesis 47:28).
 - g. Joseph lived 110 years (Genesis 50:26).
 - h. Moses lived 120 years (Deuteronomy 34:7).
 - i. Joshua lived 110 years (Joshua 24:29).
 - j. David lived 70 years (2 Samuel 5:4-5; 1 Kings 2:10-11).
 2. If a person lives longer than 70 years, advanced age is accompanied by difficulties.
 - E. Since God provides refuge for His people, and because man is mortal, . . .
- III. LET US APPROACH GOD WITH OUR REQUESTS (vs.12-17)
 - A. (vs.12) Let us ask God *"to teach us to number our days"* (Ephesians 5:15-17).
 - B. (vs.13) Let us seek the Lord's favor so we can be ready for His return.
 - C. (vs.14-15) Let us seek God's mercy so we can be glad.
 - D. (vs.16) Let us observe God's work.
 - E. (vs.17) Let us seek the Lord's beauty.