

Psalm 90

All our days—reflection and prayer

(*The Lutheran Study Bible*, pages 935–936)

Look

The language and content of this psalm match the designation of Moses' authorship. Only this psalm is attributed to him.

Verses 1, 13 *“Lord . . . LORD”*—As Moses begins this somber reflection on the mortality of mankind in contrast with the eternity of God, he addresses God as “Lord,” the powerful God who rules over all things. Verses 2 and 4 extend the emphasis on the Creator's timelessness. When he begins his hopeful petitions in verse 13, he addresses him as “LORD,” the God who is faithful to his promises.

Discuss

1. The first section of this psalm is a gloomy, yet very true, description of our earthly lives. Yet the psalmist will not let gloom rule. To that end, he starts the psalm on a confident, upbeat note. What does he say about God? (verses 1–2)
2. What is life like according to verses 3–6? Why does Moses remind us of this?
3. Of what does Moses remind us in verses 7–11? Why does Moses remind us of this?
4. Verse 12 gives us the goal Moses has in mind as he tells us about our lives. What is that?
5. After we come to a sober realization of our sinful condition and of God's wrath over sin, we are ready to rejoice in God's covenant. What blessings does Moses ask God to give us? (verses 13–17)

Apply

6. You cannot handle God's blessings if you cannot handle his wrath over sin. Evaluate.

Recognizing our mortality is reason to think about where we stand with God. Our lives on earth flee away; God's words and works endure.