

# PSALMS

## TALKING POINTS

### Psalm 90 - A Survival Guide

"The meat of the Word isn't knowledge. It isn't information. It's application. I would rather know 4 or 5 basic Truths of the Bible and really live those out than to know 1000s of things and apply nothing." -Pastor Dan

## Leaning In and Living It Out

### Read Psalm 90

*Moses wrote this Psalm in reaction to failure and disappointment in his life.*  
How do you react to disappointment in your life? Discuss.

*In this Psalm, Moses models for us how to deal with crises in life by "setting our bearings" - to have the right expectations, remembering God is our source of life, yet God never meant this life to be our ultimate fulfillment.*  
Why do unrealistic expectations produce such grief? Discuss.

*Moses also recognized we need to look at each day of life as a gift, we need to be teachable and we need to seek God.*  
How do you deal with the rejection of Jesus from those around you? Discuss.

*Moses also recognized we need to look at each day of life as a gift, we need to be teachable and we need to seek God.*  
Do you treat time as something of incredible value? Discuss.

*Moses also looked to God to pour out compassion on him and his people, knowing God's heart is moved by those who are suffering.*  
How do you let God's compassion become your comfort? Discuss.

*Moses also looked to God for His favor and to establish His purpose in their lives so they could succeed.*  
How do you connect with the purpose God has for your life? Discuss.

### Dig Deeper (Optional)

In Luke 24:44 Jesus says, "These are my words that I spoke to you while I was still with you, that everything written about me in the Law of Moses and the Prophets and the Psalms must be fulfilled." The movie *The Road to Emmaus* says "then he opened their minds to understand the Scriptures".

What are some biblical examples of someone's mind being opened to understand the scriptures? Discuss.