

# Psalm 90

*A Prayer of Moses, the man of God*

1. Lord, you have been our dwelling place through **generation to generation**.
2. Before the mountains were born, or you had formed the earth from **everlasting to everlasting** you are God.
3. You turn man back to dust and say "Return, O children of man."
4. For a **thousand years** in your eyes is like **yesterday** that went by or like a **watch period** in the night.
5. You sweep them away to death's **sleep**. They are like the new grass grown up in the **morning**.
6. In the **morning** it is fresh and grows up, by the **evening** it is withered and dry.

**Introduction/summary:**  
*God is faithful—we can trust all our days and years to him*

**The Problem:**  
*Can an infinite God really care about mankind?*

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7. **Yes, we are consumed by your anger, and by your wrath we are terrified.**
  8. **You have set our iniquities before you, our secret sins in the light of your presence.**
  9. All our **days** pass away under your wrath, we finish our **years** with a moan.
  10. The length of our **days** is seventy **years**, or if we have strength, eighty; yet their best is but trouble and oppression; for they quickly pass and we fly away.
  11. **Who knows the strength of your anger and your fury is what causes fear.**
  12. Teach us to count our **days** aright, that we may gain a heart of wisdom.
  13. **Relent O Lord, How long? and have compassion on your servants!**
  14. Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all of our **days**.
  15. Make us glad for as many **days** as you have afflicted us, for as many **years** as we have seen trouble.
  16. **May your deeds be shown to your servants, and your splendour to their children.**
  17. **May the delight of the Lord our God rest upon us, and establish the work of our hands for us, yes, establish the work of our hands.**

**A. The effect of God's anger: we are consumed**

**B. Our deeds are shown to God law and justice**

**C. Days and years of trouble & oppression**

**D. God's anger**

**E. True wisdom: counting correctly and days measured out for him**

**D'. God's compassion this is the turning point (all grace)**

**C'. Days and years of singing and gladness**

**B'. God's deeds are shown to us grace**

**A'. The effect of God's delight: we are blessed and established**