

## **Recap of 1/1/23 message by Pastor Joe (Psalm 90:10,12)**

1. - Psalm 90:10,12 *"the length of our days is seventy years—or eighty if we have the strength.... Teach us to number our days aright, that we may gain a heart of wisdom."*  
-Psalm 39:4,5 NLY *"Lord, remind me how brief my time on earth will be. Remind me that my days are numbered—how fleeting my life is. You have made my life no longer than the width of my hand, my entire life is just a moment to you, at best, each of us is but a breath."*  
-James 4:14 *"What is your life? You are a mist that appears for a little while and then vanishes."*
2. *Psalm 90 is the oldest of the Psalms. It was written by Moses. Many believe the occasion for the writing of the Psalm is the wilderness wanderings with a generation of Israelites under God's discipline.*  
- *"In the camp of Israel, a twenty-year old would not live beyond sixty, and the older people would never make it to eighty (vs. 10). It was a funeral march for forty long years."* (Wiersbe)
3. *Psalm 90 Outline*  
vv. 1-6 – *The eternity of God compared with the frailty of man*  
vv. 7-8 – *The problem of sin*  
vv. 9-12 – *The brevity of life*  
vv. 13-17 – *The need of God's grace*
4. *In light of the frailty of humans and the brevity of life we should make good use of the days God gives us by living wisely, being skillful in applying God's Word to our lives and making the best use of our days.*
5. *"Life moves so quickly that we can forget to tend our souls. But if you ignore you soul or pretend that you don't have one, you'll face problems. Just as your body sends you all kinds of uncomfortable signals when you neglect it physically, so will your soul. Obsessions, irritations, addictions, broken relationships—often these troubles point to a neglected soul." (The Men's Devotional Bible).*