

Growth Group Questions – Psalm 90

For starters... If you were to ask a random person down the street – “How do you live a wise life?” – What do you think their answer would be?

Reading to Understand – Psalm 90

1. What was something that stood out to you as you read the passage?



2. What question(s) came to mind as you read this passage?



3. What is the main point(s) of the passage?



4. How does this passage point to, or speak about, Jesus?



Going Deeper...

5. What does this Psalm teach us...

- About who God is?
- About who we are?

6. If you are going to “gain a heart of wisdom”, why is it crucial to have a right understanding of...

- Who God is?
- Who you are?

7. The psalmist is contemplating that ever breathe we breathe is by the grace of God and that our lives “quickly pass” (v, 10). Why are many of our struggles in life the result of forgetting this truth?

8. **Read Luke 12:13-34.** How is Jesus' teaching about wealth and worry an example of a life that has “gained a heart of wisdom”?

9. The psalm teaches us the connection between contentment and true joy (v. 14) - contentment is the soil that true joy grows in...

- Where in life are you discontent?
- Why are you discontent in those parts of life?
- Where does the psalm encourage you to find true contentment?
- Why does contentment in God's unfailing love in Jesus lead to true joy?

Growing Together In Christ

Know →

How has this study helped you to know Jesus better?

Trust →

How has this study encouraged you to trust Jesus more?

Love →

How has this study challenged you to love like Jesus?

Meditation on the Word and Prayer

Turn Psalm 90 into a prayer for a “heart of wisdom” in your own words.