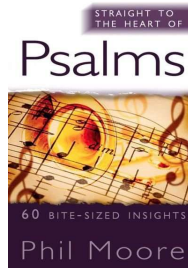
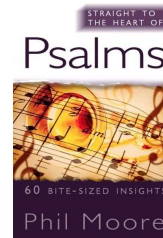


Book Recommendation



1

Five Books in One Book



Book 1 : Psalms 1 to 41 teach us how to sing about who God is

Book 2 : Psalms 42 to 72 teach us how to sing when times are hard

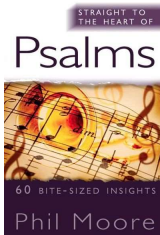
Book 3 : Psalms 73 to 89 teach us to sing out how you really feel

Book 4 : Psalms 90 to 106 teach us to sing about God's plan

Book 5 : Psalms 107 to 150 calls for us to sing our response to God.

2

Psalms 90



First Psalm of Book 4 (Psalms 90 to 106) that teach us to sing about God's plan

Written by Moses who saw so much of God's plan unfolding

Three parts each telling us something about God as well as ourselves

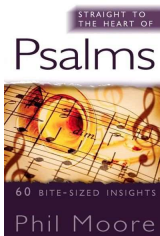
3

Psalms 90 Part One : Verses 1 to 6

- ¹ Lord, you have been our dwelling place throughout all generations.
- ² Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.
- ³ You turn people back to dust, saying, "Return to dust, you mortals."
- ⁴ A thousand years in your sight are like a day that has just gone by, or like a watch in the night.
- ⁵ Yet you sweep people away in the sleep of death—they are like the new grass of the morning.
- ⁶ In the morning it springs up new, but by evening it is dry and withered.

4

Psalms 90 verses 1 to 6



Contrast
God's Eternity
and
Our Frailty

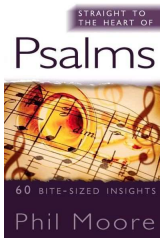
5

Psalms 90 Part Two : Verses 7 to 11

- ⁷ We are consumed by your anger and terrified by your indignation.
- 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 Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away.
- ¹¹ If only we knew the power of your anger! Your wrath is as great as the fear that is your due.

6

Psalm 90 verses 7 to 11



Focus upon
God's Anger
and
Our Sinfulness

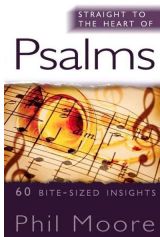
7

Psalm 90 Part Three : Verses 12 to 17

- ¹²Teach us to number our days,
that we may gain a heart of wisdom.
- ¹³Relent, LORD! How long will it be?
Have compassion on your servants.
- ¹⁴Satisfy us in the morning with your unfailing love,
that we may sing for joy and be glad all our days.
- ¹⁵Make us glad for as many days as you have afflicted us,
for as many years as we have seen trouble.
- ¹⁶May your deeds be shown to your servants,
your splendor to their children.
- ¹⁷May the favour of the Lord our God rest on us;
establish the work of our hands for us—
yes, establish the work of our hands.

8

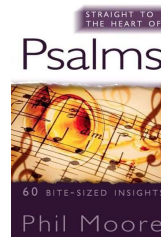
Psalm 90 verses 12 to 17



Focus upon
God's Mercy
and
Our Hope

9

Psalm 90 verses 12 to 17

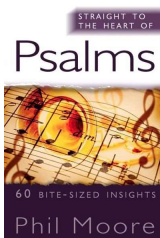


Adoration (verses 1 to 6) leads to
Confession (verses 7 to 11) leads to
Petition/Requests (verses 12 to 17)

Six short requests that can be
summarised in three things for which
to pray and sing.....

10

Psalm 90 verses 12 to 17



Pray and sing to the
God of mercy for His

Wisdom (verse 12)

Perspective (verse 14)

Blessing (verse 17)

11

Time for Reflection and Prayer



12