

Dwell

DISCUSSION GUIDE

DISCUSSION GOAL



To understand how we can examine our lives well in order to not waste them but live them to the fullest.

ICE BREAKER



What are the top 2 items on your bucket list?

TEXT



Have a member of your group read the passage aloud.

Psalm 90:5-12

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.

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.

¹² Teach us to number our days,
that we may gain a heart of wisdom

MESSAGE OUTLINE



This is what our pastoral team observed about the passage.

Big Idea: The unexamined life is the wasted life.

Key Question: How do we examine our lives well?

1. Confess our sins before God. (vv. 5-8)
2. Contemplate the brevity of human life. (vv. 9-10)
3. Consider the greatness of God. (vv. 11-12)

DISCUSSION



- We see in reading Psalm 90:5-12 that an unexamined life can lead to a wasted life. What parts of your life right now seem hurried, anxious, chaotic, or wasted? How does it feel to give those parts of your life over to God? What does that look like?
- In verses 5-8, Moses comes to the Lord in confession. Knowing that our sin is not a secret to God, how do we practice regular, humble confession in our lives?
- Moses puts into perspective the brevity of our human lives in verse 10. How would contemplating this affect your daily priorities, goals, and relationships? What practices can help you live with an eternal perspective instead of being distracted by the things of this world?
- Moses ends this passage by considering the greatness of God in verse 11. How does this practice reorient what matters in our life? What do you do, or where do you go to best consider the greatness of God? What practices can you put in place to make this more of a daily practice?
- Read James 4:14. Considering we do not know what tomorrow will bring, how can the practices of Moses lead us to a greater dependence on the God who is not surprised by tomorrow?

LIFE APPLICATION



This week's passage challenges us to examine our lives, recognize them as a gift from God, and to live them to the fullest. Consider the questions, "What kind of life will I live with the time I've been given?" How would you answer that? Discuss as a group how you can help each other live out those lives to the fullest.

Jot your ideas below and send a picture to your group to remind everyone of your action steps this week.

PRAYER REQUESTS


