

DISCUSSION GUIDE

DISCUSSION GOAL



To understand what makes a meaningful life and to see God's provision for his people despite life circumstances.

ICE BREAKER



What is an experience that you were so excited for, but found it to be a disappointment?

TEXT



Have a member of your group read the passage aloud.

Psalm 90:13-17

- ¹³ Return, O LORD! How long?
Have pity on your servants!
- ¹⁴ Satisfy us in the morning with your steadfast love,
that we may rejoice and be glad all our days.
- ¹⁵ Make us glad for as many days as you have afflicted us,
and for as many years as we have seen evil.
- ¹⁶ Let your work be shown to your servants,
and your glorious power to their children.
- ¹⁷ Let the favor of the Lord our God be upon us,
and establish the work of our hands upon us;
yes, establish the work of our hands!

MESSAGE OUTLINE



This is what our pastoral team observed about the passage.

Big Idea: Dwelling in the Lord makes life meaningful.

Key Question: What does God provide to those who dwell in Him?

1. Relief in our struggles. (vv. 13-14)
2. Joy in our days. (v. 15)
3. Meaning in our labors. (vv. 16-17)

DWELL WEEK 3

DISCUSSION



- Psalm 90:13-17 casts a vision for a meaningful life. What does the text say will be markers of a meaningful life with God?
- In verses 13-14, Moses asks God to have pity on him and give him relief in his struggles. According to verse 14, what does relief look like? What life situations do you need relief in right now?
- Verse 15 asks God to give joy in our days. What does it look like to experience joy from God despite ongoing difficult situations? Share a time where dwelling with God lead to experiencing joy in the midst of a difficult situation or season!
- This passage ends asking God to give favor and meaning to our labors (vv. 16-17). Read Matthew 11:28-30. How does Jesus' invitation to find rest in Him help us understand Psalm 90? How have you found rest and meaning in your labors?
- Dwelling in the Lord takes conscious effort. What is one change you should make that will help you enjoy God's presence in your life? What changes do you think that could bring?

LIFE APPLICATION



This week's passage helps us to understand that while faith in God does not make life necessarily easier, it does give it meaning, relief, and joy. Do you experience these gifts from God despite struggles in life? Discuss as a group how you can help each other dwell in God and receive goodness from Him.

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

PRAYER REQUESTS


