



Sermon
Discussion
Guide

Sunday, January 15, 2023

RESOLVE

Time – Psalm 90

Read/Reflect

1. Read Psalm 90. What is one word or phrase that stands out for you in this psalm? Why?
2. What does it mean to “teach us to number our days”?

Explore

3. If time is a gift, what kind of gift is it to you?
 - Like a pair of socks – I just need it
 - Like a new toy – I’m excited about the time I have
 - Like a diamond ring – I treasure it
 - Like an expected gift – I take it for granted
4. How do you tend to view time? Is it ...
 - something to use up or spend down,
 - something to stuff as full as possible,
 - a gift, or an appointed moment
 - a season, or the right occasion
 - a series of opportunities,
 - something to wait around for,
 - something to manage
 - other: _____
5. Is it a better use of time to “go after” something (“He who hesitates is lost.”) or to wait for the right time (“Fools rush in where angels fear to tread.”)? What is a wise use of time? Is it the same thing as “managing your time?”
6. If all of time is holy, do you even need a “sabbath” day? How do you remind yourself that time is sacred and from God (not just “my own time.”)?

Pray

- Pray a prayer of praise to an everlasting God, for whom a thousand years is like a day.
- Pray for wisdom to know how to use time well, how to surrender our time to God, and how to discern the right time.
- Pray a prayer of commitment to God to treat time as belonging to God, not to ourselves.