



Life As God Meant It To Be

Psalm 90

Message Notes by Dr. Mark Platt

When life is over and the sun is setting, what really matters in life? Psalm 90 is the oldest song in the Hebrew songbook. Moses, the great prophet of God, wrote Psalm 90 at the end of his life. As he writes under the inspiration of the Holy Spirit, he reflects on what God has taught him about living life. Essentially, Moses is telling us how God wants us to live.

God never intended us to live meaningless, immoral, and unsatisfied lives. But sadly, just like the nation of Israel, we miss the destiny He planned for every one of us. To have meaning, joy and contentment, you need to exchange some earthly things for the things that really matter.

How can we enjoy God's best? How did God intend for us to live? From Psalm 90, we learn **three trades** you need to make to have the life God meant us to live.

I. Trade temporary for eternal

verses 1-6

1. God is eternal *“from everlasting to everlasting you are God.”*
2. You are temporary *“You turn men back to dust”*

II. Trade sin for God

verses 7-12

1. You are sinful *“our iniquities before you, our secret sins”*
2. God is holy *“as the fear that is due You.”*

III. Trade desires for blessings

verse 13-17

1. God fulfills your needs *“compassion... Satisfy us...Make us glad”*
2. God gives you blessings *“the favor of the Lord”*

Your Response:

1. Moses made God his “*dwelling place*” (verse 1). Who or what is the center and focus of your life? If God is not your “dwelling place,” pray a prayer of seeking and faith. Ask God to take over your life completely.
2. What reasons does Moses give us not to commit sins? Verse 8 speaks of “*iniquities*” and “*secret sins.*” What are yours? Have you asked God’s forgiveness and moved to repentance? Do it now.
3. Verse 10 puts some numbers on the life expectancy of people. How long do you think you will live? How many years is that from now? Knowing how much time you have left, what needs to change in your life now?
4. Verse 12 speaks of our accountability to God in the future. What are the things that really matter in your life? How do they match up in terms of eternity? How will God judge your life? Do you need to make any changes in your priorities?
5. According to verses 13-17, what are the blessings and benefits of making God your “*dwelling place?*” Ask God to give you those blessings.

Resources:

[Psalms](#) (2 volumes) by Derek Kidner
[Exposition of Psalms](#) by H.C. Leupold
[Psalms](#) by Elmer Leslie
[The Life God Blesses](#) by Gordon MacDonald
[Life Without Limits](#) by Nick Vujicic