

International Bible Lessons
“Teaching the Truth in Love”
Sending International Sunday School Lessons and Bible Studies Around the World
L.G. Parkhurst, Jr.

How Do You Count Your Days?

The *International Sunday School Lesson* for Sunday, November 14, 2010
Psalm 90:1-12

“So teach us to number our days, That we may present to You a heart of wisdom” (Psalm 90:12—NASB-U).

“So teach us to count our days that we may gain a wise heart” (Psalm 90:12—NRSV).

“So teach us to number our days, that we may apply our hearts unto wisdom” (Psalm 90:12—KJV).

Reading the daily obituary in the newspaper in addition to the Bible should teach us to count our days. Almost inevitably, we will read of someone who died much younger than we are. Sometimes we will gain encouragement from learning of someone who lived beyond the seventy or eighty years that the psalmist said God has allotted people in general (Psalm 90:10).

If we make each day count for God, others, and ourselves, we will avoid the advice, “Let us eat and drink, for tomorrow we die” (Isaiah 22:13; 1 Corinthians 15:32). Physical death is not the end for anyone. We also need to count “the days of eternity” beyond physical death. Remember, we do not gain a second chance after death, for the Bible teaches, “it is appointed for mortals to die once, and after that the judgment” (Hebrews 9:27). The psalmist wants us to consider our length of life so we will choose wisely and make the best of each day on Earth.

The psalmist began with solemn warnings, and then he prayed, “Let the favor of the Lord our God be upon us, and establish the work of our hands” (Psalm 90:17). Because God considered our fears resulting from sin, and because God wanted to give us a blessed eternity, the Son of God entered our world, and He “appeared once for all at the end of the age to remove sin by the sacrifice of himself” (Hebrews 9:26). Moreover, “Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin, but to save those who are eagerly waiting for him” (Hebrews 9:28). — Copyright 2010 L.G. Parkhurst, Jr.

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Questions for Further Thought

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1. What does it mean to you to think of God being your “dwelling place”?

2. Think of your nation, city, or home as your dwelling place. What blessings do you receive from these dwelling places? What responsibilities do you have in these dwelling places? What blessings and responsibilities do you find from dwelling in God?

3. What attributes of God does Moses mention in this Psalm? What attributes of human beings does Moses mention? If you can, read Psalm 90:13-17 (the concluding verses of this Psalm), what more do you learn about God’s character from these verses?

4. What reasons does Moses give us not to commit sins? What reasons does Moses give us that we can use to “reason with ourselves” when we are tempted to sin?

5. Do you find Psalm 90:1-12 depressing? Why? Do you find Psalm 90:13-17 more joyful? Why? What could you tell someone about Jesus that would help them if they were sadly contemplating Psalm 90:1-12 and felt discouraged?

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