

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).

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Questions for Further Thought

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1. How can making a joyful noise to God bring happiness to God and to you, even when you do not feel joyful? How can you become joyful when you do not feel joyful? Why does the Bible indicate that our expressing joy is important to us and to God?
2. In what ways would you describe God, and what names would you give to God, that you could use in your praise of God, or in also leading others to praise God? Think of ways you praise others and the reasons you praise them. How might you improve the ways you praise God?
3. What does the psalmist say we should say to God? Why do you think he wrote what others should say to God? Why do you think this is important for us to do even in our own time and place?
4. What are some of the awesome deeds that God has done that makes God worthy to receive our praise and the praise of all the earth?
5. Why is it important for God to test His people? In what ways might God test His people today? What ways of testing by God do you think most people would find unpopular today? Why is it difficult to say to someone, “God may be testing you”?