

**“Like A Sigh, Longing for Rest”**  
*Sermon Notes*

*\* Your longing for rest is a symptom of a deeper longing for...*

1. Home: a refuge (1-2)

2. Life that lasts (permanence; 3-6)

3. Peace in relationships (7-10)

➤ **Discover true rest when you depend on the Lord (11-12)**

*\* When we number our days and apply our hearts to God’s ways, the wise learn to pray...*

1. Pray for restoration mercy (13-15)

2. Pray for restoration labor (16-17)

**Next Week:** James 1:27 “True Religion”: *Compassion Sunday 2025*

## **MEFC Study Guide**

For the week of Apr 27th - May 3rd

### **Context — let's get our bearings in the Psalms and ancient context**

1. Historical background:
  1. Author: The inscription says that this is a psalm of Moses. What do you know about Moses' story? What does it mean that he was a "man of God" (see Deut 33:1; Josh 14:6; Ezra 3:2; 2 Chron 30:16)?
  2. Recipient: Moses wrote this song for Israel. God had redeemed them out of Egypt and they had wandered in the Wilderness. What were their sins? What were their troubles?
2. Literary Context: Where does this individual psalm fit into the collection of Psalms. Psalm 90 follows Psalm 89. Note the various questions of 89:46-49. Book IV of the psalms seeks to answer these questions. What questions does Psalm 90 address?
3. Biblical context: Read Exodus 32 and 34. Read Deuteronomy 32. What themes are also taken up in Psalm 90?
4. Genre: Psalm 90 begins with praise (vv. 1-2), moves into a lament (vv. 3-11) and ends with a prayer of petition (vv. 12-17). How does this impact your understanding of its message?

### **Observation — let's be curious and ask questions**

3. Key ideas: Consider these repeated words, phrases, ideas. What do they contribute to the psalm?
  1. Lord (vv. 1, 17)
  2. Return (vv. 3, 13)
  3. Timing words (e.g. years, day, night, morning, 70/80 vs. 1,000)
  4. Anger and wrath; sin and iniquity
  5. Servant
  6. Toil, trouble, affliction

4. Imagery: This is Hebrew poetry. What metaphors and images does Moses use to convey important ideas? How do these images impact us emotionally and deeply?
5. Contrasts: Reflect on how Moses uses several contrasts:
  1. Between God and man
  2. Return (vv. 3, 13)
  3. Between the transience of man (vv. 3-10) and the petition for lasting joy and work (vv. 13-15)
6. Grammar: In the series of petitions in 12-17 there are result clauses, using “that...”. What does Moses hope that God will do? When do you expect these petitions to be fulfilled, now or in the future?

**Meaning — let’s make sense of what Moses communicated**

7. Consider the chiasmic structure of this Psalm. It reveals the climax or focus of the text:
  - 1-2 The everlasting Lord, our dwelling place
  - 3-6 Return to dust,: Lamenting that life is temporary
  - 7-10 God’s wrath: consuming
  - 11-12 Response to God’s wrath: Fear God, number your days, get wisdom
  - 13-15 Return O God! Prayer for mercy and lasting joy
  - 16-17 May the Lord be our God as we work
8. What does the passage reveal about who God is and what he does in the world?
9. What does this passage reveal about who God’s people are and how they can walk with God?

10. What is the main point or theme of Psalm 90? Summarize the meaning of this passage in one sentence in your own words:
11. How does this passage bridge to Jesus and the gospel?

**Application — let's connect God's ancient word to our modern walk with God**

12. How is your life similar or different from the realities of this passage?
13. Head: How does this passage challenge (or confirm) what I believe: what I understand about God, his world, and myself?
14. Heart: Is there some attitude I need to change? How does this passage shape my desires and affections? How does it pierce through my superficial longings for rest?
15. Hands: How does this passage exhort me to change the way I live, especially my prayer life?