



Week 1: "Refresh Our Calendar"

Scripture: Psalm 90:1-12

Let's Connect with Each Other:

- What word comes to mind to describe your schedule since the COVID-19 pandemic hit last March?

Let's Connect with the Word:

1. Have someone in the group read this week's text. (Psalm 90:1-12). We've printed it below to make this easy.
2. How do God and humans differ according to verses 3-6?
3. How does the way God views time (verses 4,10) impact the way you look at it?
4. How would you put verse 10 in your own words? How long do you think you'll live? What do you base that on?

Let's Connect it to Life:

5. What does Moses mean in verse 12 when he says, "Teach us to number our days?"
 - a. One day at a time?
 - b. Make each day count?
 - c. On a scale of 1 to 10?
 - d. With a clock or a calendar?
 - e. Other?

How does what Moses writes in verse 1 and Psalm 31:14-15a help to answer this question?

How would doing that help us to become wise?

6. If you were asked the question that the hospice nurse, (Bronnie Ware, that Pastor Rob mentioned in his message this week) asked her patients, "Do you have any regrets if so what are they?" what would your answer be?
7. What is something you could add to your calendar at least once a week, that would "refresh" you?
8. What would be something you could add to your calendar at least once a week, that would spiritually "refresh" you?

Close with a time of prayer asking the Lord to refresh each of the folks in your group.

Psalm 90:1-12 (New International Version)**A prayer of Moses the man of God.**

- ¹ Lord, you have been our dwelling place
throughout all generations.
- ² Before the mountains were born
or you brought forth the whole world,
from everlasting to everlasting you are God.
- ³ You turn people back to dust,
saying, "Return to dust, you mortals."
- ⁴ A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
- ⁵ Yet you sweep people away in the sleep of death—
they are like the new grass of the morning:
- ⁶ In the morning it springs up new,
but by evening it is dry and withered.
- ⁷ We are consumed by your anger
and terrified by your indignation.
- ⁸ You have set our iniquities before you,
our secret sins in the light of your presence.
- ⁹ All our days pass away under your wrath;
we finish our years with a moan.
- ¹⁰ Our days may come to seventy years,
or eighty, if our strength endures;
yet the best of them are but trouble and sorrow,
for they quickly pass, and we fly away.
- ¹¹ If only we knew the power of your anger!
Your wrath is as great as the fear that is your due.
- ¹² Teach us to number our days,
that we may gain a heart of wisdom.