SCC Small Group Discussion
In Rhythm: Lessons from Psalms
Psalm 90 – Time Keeps on Ticking

Derived from a sermon on November 15, 2026 by Dr. Jeff Chandler

Getting Started:

In a typical week, what would you say is your biggest waste of time? What would you say is your greatest use of time?

Searching the Scriptures:

Read Psalm 90:1-17

1. Moses prayed this prayer as he was preparing the Israelites for their entry into the promised land. Why do you think he wanted to drive this particular point home?

2. Talk about how time is described in verses 1-6.

3. What is something you wish you could spend your time doing, but don't ever seem to get around to it?

4. According to verse 10, life is short. What else is wrong with it, according to this psalm?

5. In contrast to the characteristics of God revealed in the previous verses, what do verses 7-17 reveal about us?

6. What does it take to be able to rejoice and be glad every day, regardless of the season of life we find ourselves in?

7. What does it mean in verse 17 that God establishes the work of our hands? What do you think Moses had in mind when he prayed this?

Applying the Scriptures:

How do you number your days so you gain a heart of wisdom?

Choose one phrase about time from Psalm 90 that you can pray this week. What is it? Why did you choose that phrase?

Get discussion questions in word format & link to Bible App plan for this week at www.sequimcommunitychurch.org/downloads