

## Message: Numbering Our Days

Scripture Reading: Psalm 90

(November 26, Glen G. Scorgie)

### SERMON SUMMARY

To number our days is to internalize the blunt and bracing fact of our mortality—in other words, the fact that our days are numbered. As the Psalmist writes, “our days quickly pass, and we fly away” (Psalm 90:10).

We do not like to think about the brevity of our lives and the inevitability of our deaths. But we should. Wisdom demands it. But it is hard to deal with it, so we try to avoid it. This is where the promise of life after death—of resurrection hope—comes in for us as Christians. For us, death remains difficult, but it has been emotionally defanged. Having acquired the confidence to honestly face our earthly end, what else might it mean to *number our days*? We find some answers to this question in our text of Psalm 90.

First, *cherish each remaining day*. “Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days” (Ps 90:15). Second, *invest in purposeful living*. “May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands” (Psalm 90:17). These things constitute the heart of godly wisdom.

### GROWING DEEPER (Reflection & Application)

1. The Bible says that “the last enemy to be destroyed is death” (1 Cor. 15:26). What is there about death that still makes it an *enemy*?
2. What gives you courage as you think about one day dying?
3. Why do you think we typically avoid discussing death?
4. How would you differentiate between healthy and unhealthy reflection on your future death?
5. What does it mean to you to “number your days”?
6. Speaking personally, what positive outcomes or benefits might there be from numbering your days?
7. The Psalmist prays: “Teach us to number our days, that we may gain a heart of wisdom.” Why did he not simply ask for wisdom? What is the significance of requesting *a heart* of wisdom?
8. In what specific ways, in any, might this biblical call to “number our days” be prompting you to modify your lifestyle or revise your priorities?