



Series: Seasons in the Psalms, Reflections on God and the Significance of the Soul
Passage: Psalm 90
Title: If I had Known Then What I Know Now
Speaker: Pastor David Menard 3/08/2026

Discussion Starter – As you age, do you ever question some your past choices, or ask “what if I had chosen more wisely”? What are the specific experiences referenced by Moses in this Psalm? How are these musings beneficial and uplifting to the hearers? How might this train of thought become destructive?

Read Psalm 90:1-2

1. In what way was God a dwelling place for the Israelites who had been slaves in Egypt and recently been desert wanderers?
 - a. How does understanding that God is our eternal Creator and “in Him we live and move, and have our being” (Acts 17:28) affect your daily choices? What wisdom arises from this understanding?
2. What were some actions that God undertook to keep Israel walking in conformance with His calling for them?
 - b. How does God intervene in your life to remind you of His plan for you, (Psalm 16:11)?

Read Psalm 90:3-6

3. What does the listing of natural processes, (inevitability of time, devastation of a flood, duration of a fragile flower in the scorching sun), reveal to us about the failures of lives lived in rebellion against God?
 - c. What are potential distractions that entice us to “swim against the current” of God's plan?
 - d. Why is it easy to recognize this behavior in our children or others yet fail to recognize it in our own lives? What steps can we take to recognize this tendency in our own choices and plans?

Read Psalm 90:7-11

4. What tragedy is “greater than death” that we risk when we live a life focused on hiding our failures from God?
5. What did Jesus offer to His followers, (John 10:10)? Was His offer different from what was offered to the children of Israel, (Psalm 1)?
 - e. How can we inherit and walk in this abundant life? (Hebrews 3:19)
6. How long do we have the privilege of being a steward, (Luke 16:2) in God’s creation? How will our change at that time?

Read Psalm 90:12-17

7. What is the summarizing prayer offered to God that flows from understanding the first 11 verses of this psalm? What other specific requests are made in this section?
8. Why does knowing God’s mercy early lead to lifelong gladness?
9. How does our understanding of God’s ways and work result in our children seeing His glory?
10. What three outcomes result from our abiding in God’s love and His word?