

Listen carefully to the Bible reading  
from Psalm 90

In verse 1 the Psalm says:

The Lord has been our \_\_\_\_\_

This means that the Lord has been their home and security.

What does the Psalm say about how old God is? (Look at  
verse 2)

\_\_\_\_\_

Who wrote this Psalm? Unscramble the letters

\_\_\_\_\_

(SEMOS)

Read verses 3 to 6 again. To God, a thousand years are just  
as yesterday! Can you imagine? He is so great!

But we are so different from God. What do these verses  
say we are like? Circle the correct answers.

mountains

grass

a tree

a dream

everlasting

1,000 years

In what way are we like these things?

\_\_\_\_\_

Read verses 7 and 8. Put a ✓ or a ✗ in the □ for each of these sentences to show if they are right or wrong.

God is never angry □

He is not happy about our sin □

God doesn't know about the sins we do in secret □

In this part of the Psalm, Moses says a lot about our sin, God's anger and about how our lives are often filled with trouble. How do these things make us feel?

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But keep going! These are not only Moses' words, but they are God's words to us too. He wants us to think about these things to teach us something important.

Use these words to complete the sentences below about verse 12.

number

wise

wrong

short

Moses asks God to teach us to \_\_\_\_\_ our days.

He means that we should understand we have done

\_\_\_\_\_ and that our lives are so \_\_\_\_\_

compared to God. He says that knowing this will help us to

be \_\_\_\_\_.

"Teach us to number our days  
that we may get a heart of wisdom"

Psalm 90v12

Think of something to draw to help remember this verse



See how Moses calls out to God in verses 13 to 15.

The wisdom he wants us to learn is

to know that **we need God.**

We need him to show us his

**steadfast love.**

To forgive us and save us!

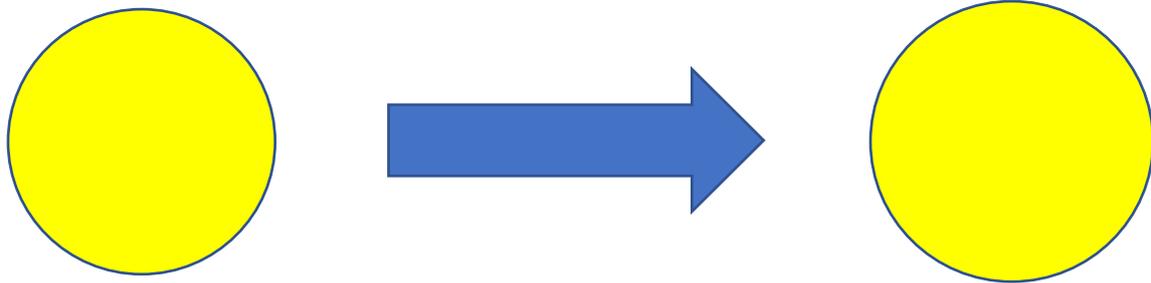
Read verses 14 and 15

How will we feel if we know God's love?

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Did you notice how this Psalm has now changed in how it makes us feel? (Look at your answer on page 2 if you have forgotten)

Draw faces in the circles below to show how it has changed.



It shows us how we can never really be happy  
if we try to live without God.

Verse 16 talks about God's work and his glorious power.

Can you find 1 Corinthians chapter 15 verses 3-5 in your Bible?

What great and powerful work of God can you find there?

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This is great news!

This is why God is not angry with his children!

This is something for us to be very thankful for