

BD Children's learning sheet - Psalm 90  
Today we're hearing a

This is important because it helps us to  
**pray** in Psalm 90.

It asks God to

**rest** from the work

of our hands. We need to find out what sort

of **work** to pray to God about  
so we need to understand the rest of the  
Psalm.

First we need to understand that God is

**angry at sin** but man will die.

**thus** God because he is always

there even though the world

**rest** from the work

But people do not last long. The Psalm gives a  
picture of what people are like compared to

**God**. They are like **grass** which  
dries up and dies. This is very different to  
God.

Next we need to understand that God is

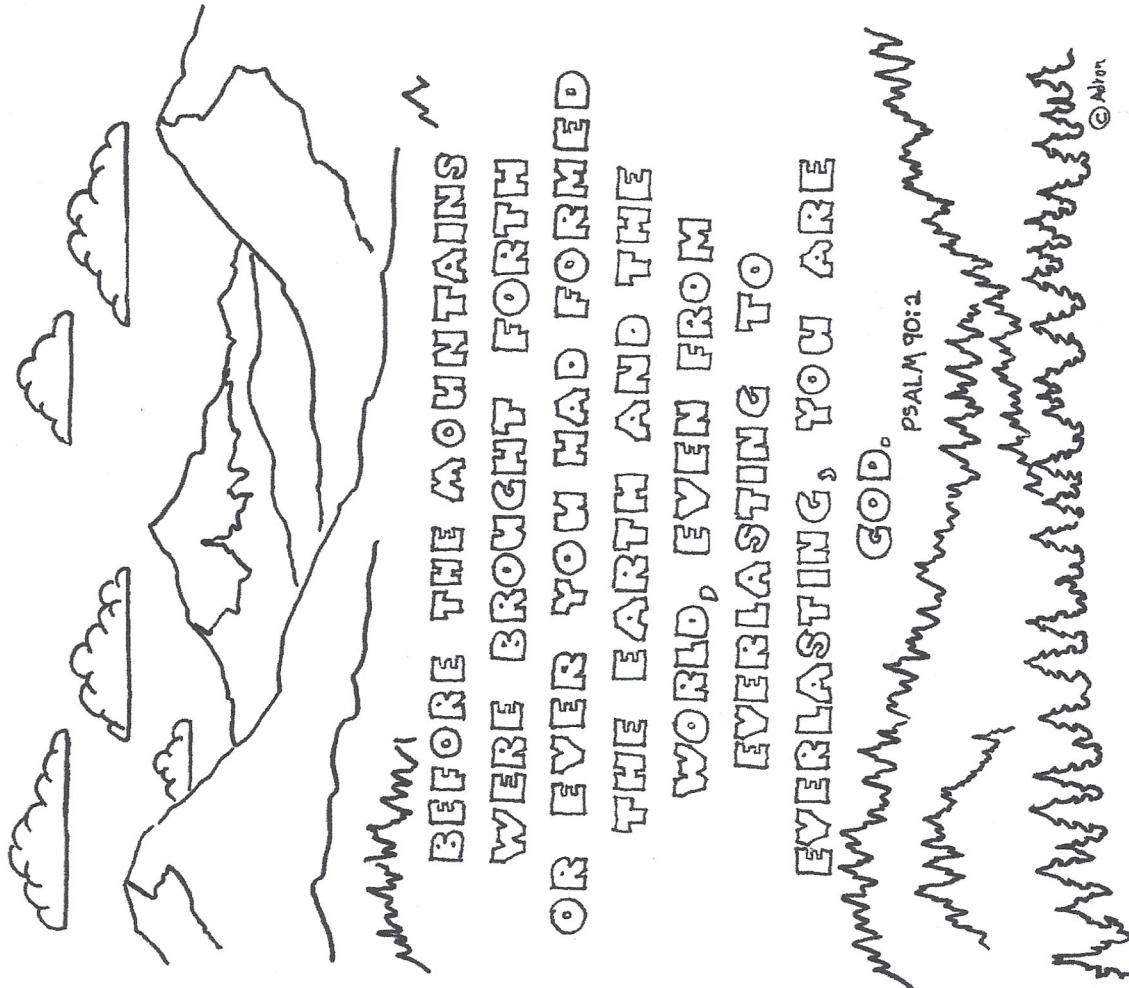
**sin**. Sin is not treating God

as God and it is the

God's work that will last forever.

**REASON:** why our lives are so short.  
But we have hope because God isn't angry with his

**SORROWNTS.** In fact God shows amazing grace to everyone who calls out to him. He does this through sending Jesus to die in



BEFORE THE MOUNTAINS  
WERE BROUGHT FORTH  
OR EVER YOU HAD FORMED  
THE EARTH AND THE  
WORLD, EVEN FROM  
EVERLASTING TO  
EVERLASTING, YOU ARE

GOD.  
PSALM 90:2



our place that first Easter so we can be part of God's family for ever and we can be part of

