

I. Introduction: God's eternity and man's transitoriness.

II. God is eternal. v. 1-2

- A. He is the dwelling place for every generation of His people. v. 1
1. He is our home and our place of safety. 91:9 71:3 Dt. 33:27 Isa. 4:6
 2. He is the only hope for frail fallen humanity. v. 3-12
- B. He is the eternal, self-existent Creator. v. 2 Ps. 9:7 41:13 Gen. 1:1ff
1. He precedes all of creation.
 2. This attribute of God is set in sharp contrast to mankind's finitude. v. 3
- C. He is also immutable (unchanging in His character). v. 2 Num. 23:19 I Sam. 15:29
- D. Jesus Christ is eternal and immutable (and our home/refuge). John 1:1ff 14:1ff
Heb. 13:8 II Co. 5:8 Phil. 1:23

III. Mankind is transitory. v. 3-12

- A. Our life is fleeting. v. 3-6
1. Dust is both our origin and our destiny. v. 3 103:14 104:29 Ge. 3:19 Ec. 12:7
 2. Even the longest human life span is but momentary. v. 4 Gen. 5:27 II Pe. 3:8
 3. The flood of death will overtake everyone. v. 5a
 4. You are like the grass which is sown, grown, mown and gone in a few short days.
v. 5b-6 103:15-16 37:2 Isa. 40:6-8
- B. The cause of our mortality is our sin and God's wrath. v. 7-8 Num. 14:29
1. Human death and decay is not "natural". Gen. 2:17 3:19
 2. The cause of death is God's just wrath against our sin. v. 7 Dt. 32:39 Rom. 5:12
 3. None of your sins escape God's notice. v. 8 Ecc. 12:14 Heb. 4:12-13 Mt. 10:26
- C. Come to grips with your mortality. v. 9-12
1. Your life is marked by brevity and vexation. v. 9 Ecc. 6:12
 2. You are not likely to live more than seventy or eighty years. v. 10
 3. The days in this sinful flesh are toilsome. v. 10b
 4. Our accomplishments are fleeting. v. 10c
 5. God's wrath against man's sin is beyond human comprehension. v. 11
 6. The pains of physical deterioration and death are nothing compared to what
awaits the lost after death. II Thess. 1:7-9 Mark 9:48. Mt. 25:41 Rev. 21:8
 7. Pray that God will help us to understand the shortness of life. v. 12
- D. God, through His Son, has entered into our miserable transitory existence.
John 1:14 3:16 Heb. 2:14-17 Rom. 8:3

IV. God redeems us from our futility. v. 13-17

- A. Pray that God would turn from wrath and show mercy. v. 13 Ex. 32:12 Isa. 64:9
1. Why should God turn? Only because of His covenant lovingkindness. v. 14
 2. Moses' hope was for a future generation which would enter the land. Num. 14:31
 3. We have a better hope in Christ.

- B. Jesus Christ has come to deliver us from the futility of death unto everlasting life.
 - 1. God's just anger against our sin has been turned away. v. 7,9,11 Heb. 2:17
I Pet. 3:18 II Cor. 5:21 Ro. 5:8-9
 - 2. He has defeated our great enemy, death, so that in Him we have eternal life.
John 4:14 5:21,24 6:35,40ff 10:10 11:25-26 17:3 20:31 I Cor. 15:3-4,50-58
 - 3. Now our lives have meaning and purpose. Gal. 2:20 Phil. 1:21

- C. Pray that God would give us joy and satisfaction in Himself. v. 14-15
 - 1. Nothing in this decaying world will satisfy you!
 - 2. Only His lovingkindness brings joy which overcomes your sorrows.

- D. Pray that God would renew His majestic works for His people. v. 16 92:5 Isa. 40:5

- E. Pray that God would establish your life's work. v. 17,12 Deut. 28:12
 - 1. Many waste their lives, investing in what will be burned up. Mt. 6:19 II Pe. 3:11
 - 2. The only work which will last is the work of our eternal God. Mt. 6:19-21 Eph. 2:10
 - 3. Pray that God will help you to use your few days of life wisely. v. 12
 - 4. Be a good steward by planning your time like you budget your money. Pr. 21:5
 - 5. If you learn to number your days you will acquire wisdom. v. 12
 - 6. Your work is futile unless God grants success. v. 17 John 15:5 Ex. 33:15 Ps. 127

V. Concluding Applications.

Discussion questions

1. How does Moses (the author of this Psalm) contrast God and man?
2. Why is human life short and futile?
3. Where can we see Christ in this Psalm?
4. How does this Psalm speak of the incarnation?
5. How does Jesus' work of redemption relate to this Psalm?
6. In what ways do people waste their lives?
7. How can you live a life that counts?
8. Is there a biblical basis for budgeting/planning your time? Pr. 21:5
What practical tools can you use to better plan your time?
9. How can we overcome the futility of the brevity of life?