

A L I F E T H A T C O U N T S

COUNTING THE DAYS: PSALM 90

1. Have you ever been entrusted with something important? Share what that experience was like.
2. Take a few minutes to read the Parable of the Bags of Gold from Matthew 25. Feel free to spend a few minutes sharing your initial thoughts and questions. We'll see this passage a few times during this series.

When we number our days, we gain wise perspective on how to live them.

3. What does it mean to number our days? How might numbering our days change the way we live our lives?
4. If you have time, have your group take 5 minutes to do this exercise. Ask people to think through their typical week, and try to estimate how many hours they spend doing each of the following. Then spend a few minutes talking about whether you are spending your days wisely.

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| • Work | • Time with family/loved ones | • Service |
| • Sleep | • Surfing the web/Social media | • Worship |
| • Eat | • Hobbies | • Other |

5. Imagine that somehow you knew that you're life was going to end in six months. With this information, you were also given two commands: (1) you can't tell anyone and (2) you can't make any drastic situational life changes (quit your job, move to Hawaii, etc.). How would this affect you? *Before jumping to an answer, take at least thirty seconds to mentally and emotionally try to put yourself in that situation.

**When God's love satisfies us in the morning,
every day can be joyful, however many or few there may be.**

6. How do your days typically begin? How might dwelling on God's *hesed* – His unfailing love; His grace—first thing every morning change the rest of your day?
7. Read John 7:37-38. What kind of implication is Jesus making here? Practically speaking, what does this look like?

**When God's favor rests on us,
He establishes our work so that it has lasting value.**

8. We tend to believe that some tasks are spiritual and some things aren't. This week, Pastor Josh reminded us that "every moment can have eternal significance because of Jesus, who is building an eternal kingdom." How does it feel to know that God is establishing the work that you do?
9. As we live through the mundane aspects of life, how can we remind ourselves that every moment, whether we realize it or not, has the potential for an eternal impact?