

**GOOD NEWS FOR THE SENIOR YEARS**  
***Psalm 90:1-17 (ESV)***

- <sup>1</sup>Lord, you have been our dwelling place in all generations.
- <sup>2</sup>Before the mountains were brought forth, or ever you had formed the earth and the world,  
from everlasting to everlasting you are God.
- <sup>3</sup>You return man to dust and say, “Return, O children of man!”
- <sup>4</sup>For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night.
- <sup>5</sup>You sweep them away as with a flood; they are like a dream, like grass that is renewed in the morning:
- <sup>6</sup>in the morning it flourishes and is renewed; in the evening it fades and withers.
- <sup>7</sup>For we are brought to an end by your anger; by your wrath we are dismayed.
- <sup>8</sup>You have set our iniquities before you, our secret sins in the light of your presence.
- <sup>9</sup>For all our days pass away under your wrath; we bring our years to an end like a sigh.
- <sup>10</sup>The years of our life are seventy, or even by reason of strength eighty; yet their span<sup>[c]</sup> is but toil and trouble; they are soon gone, and we fly away.
- <sup>11</sup>Who considers the power of your anger, and your wrath according to the fear of you?
- <sup>12</sup>So teach us to number our days that we may get a heart of wisdom.
- <sup>13</sup>Return, O LORD! How long? Have pity on your servants!
- <sup>14</sup>Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.
- <sup>15</sup>Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil.
- <sup>16</sup>Let your work be shown to your servants, and your glorious power to their children.
- <sup>17</sup>Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!

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## INTRODUCTION

The world often associates ageing with decline, loss, and limitations. In contrast, the Bible presents ageing as an opportunity for growing in wisdom, faith, and a deeper relationship with God.

When you hear terms such as "**ageing**," "**ageism**," "**senior citizen**," or "**growing older**," what thoughts, feelings, or experiences come to mind? How does society generally view ageing, and how does that compare with God's perspective?

## DISCUSSION

### 1. Numbering Our Days

Moses reminds us in Psalm 90:12 that while God is eternal, our lives on earth are temporary.

- What does it mean to you to "number your days"?
- When have you become especially aware of the brevity of life?
- How has that awareness influenced your priorities, decisions, or relationship with God?

### 2. Living Wisely in Light of Eternity

#### Read Luke 12:13–21 – The Parable of the Rich Fool

Jesus warns against placing our security and identity in earthly possessions rather than in God.

In what ways is this parable relevant to our world today?

Reflect honestly on whether you have experienced any of these attitudes:

- Finding security in wealth or possessions rather than in God.
- Focusing more on accumulating for yourself than being generous toward God and others.
- Allowing possessions or achievements to become the centre of life.
- Assuming you have control over the future instead of trusting God's sovereignty.
- Planning primarily for earthly success while neglecting your spiritual life and the needs of others.

Which of these challenges you the most? Why?

### 3. Experiencing God's Presence Through Every Season

Psalm 90 reminds us that God's presence and faithfulness remain with us throughout every stage of life.

Share an experience where you have encountered:

- **God's compassion** during times of suffering or difficulty (v.13).
- **God's steadfast love** bringing lasting joy and satisfaction (vv.14–15).
- **A spiritual legacy** you have received or hope to leave for the next generation (v.16).
- **God's favour** in establishing the work of your hands (v.17).

Which of these truths speaks most deeply to you at this stage of your life?

### 4. Your Story in God's Story

Our lives become part of God's greater story, and our faith can leave a lasting spiritual legacy for future generations.

- What has God been doing in your life that you would want others to remember?
- How would you like to live out your remaining years for God's glory?

What kind of spiritual legacy do you hope to leave for your family, church, and the next generation?

### PRAYER

Pray that God will deepen spiritual friendships within the cell group so that together you may:

- Pray faithfully for one another.
- Walk alongside one another through every season of life.
- Listen with love, grace, and compassion.
- Encourage and build one another up in Christ.
- Leave a lasting spiritual legacy that points others to Jesus.