If you could ask God for anything

Moses' prayer
Psalm 90

1. The reality of God—he is eternal (v1–2)

2. The anger of God—the painful reality of life (v3–11)

    a. God has made life brief (v3–6)

    b. Life is painful because of God's anger (v7–11)

3. The steadfast love of God—making the right request (v12–17)

Exodus 34:6–7: "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty."

John 3:16: "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

Questions for discussion and reflection:

- What stops you from considering the power of God's anger?
- If you are a Christian how might you need to reassess what your goals are in life?
- What changes might you need to make in your thinking or behaviour in light of this passage?