



Sermon Discussion Questions

For small group leaders or for a whole small group to use

"A Model Prayer for Awakening" (Psalm 90)

September 6, 2026 Dave Newton

Sermon Overview

Main Idea

God alone, by his grace, can bring about the awakening we need from our spiritual darkness. How do we pray, asking the Lord to do what he can only do? Psalm 90, written by Moses, is a model prayer for awakening. In our universal desire for safety, we must recognize that the Lord is eternal and all-powerful while our lives are fleeting and fragile. He alone is our eternal refuge. In acknowledging our spiritual rebellion and desperate need, we reach for the eternal safety found only in Christ.

Sermon Outline

1. An Awakening Question (v. 1-11)
2. A Plea for Awakening (v. 12-17)

Quotations

"God is eternal, and life is fleeting. When I grasp this truth, I will grasp for the Lord."

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"You have made us for yourself, O Lord, and our hearts are restless until they rest in You."

Augustine (354 -430 A.D.)

Discussion Questions

Read the Scripture Text (if the text is shorter, consider reading it together several times).

Initial Engagement

- What is the main idea of the text, or what did the sermon focus on? (See above to review the main point)
- What insight from the text or sermon stood out to you most, and why? (Encourage several people to share)

Deeper Reflection on the Meaning and Implications

1. The history of God's people as revealed in the Bible demonstrates that they were sinful, desperate, and in need of awakening. How have you found this to also be your story?
2. Verse 1 declares that God has been the dwelling place of his people, their source of safety. How do you experience need for security in your life, and how do you seek to get it? What does it mean that the Lord provides a safety that nothing in this world can?
3. Moses reminds us that our lives are fleeting, like a dream or withering grass, and we will soon fly away to the sovereign judgment seat of our holy, eternal, almighty Creator. What feelings or images does this reality bring to your mind? What hope does Jesus Christ bring to this impending moment of standing before the Lord?
4. What benefit is there for a person to 'number their days' as Moses exhorts us to do?



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5. Moses prays in verse 14 to be satisfied with God's lovingkindness and sing with gladness. What deep satisfactions have you sought and found in the Lord?

Final Response

- What is one thing you want to remember or do in light of this sermon or discussion?