

Title: **Days Of Our Lives**
Text: **Psalm 90:1-17**
Date: **September 20, 2026**

Find the sermon manuscript to follow along with online at mercyhillchurch.org.



Big Idea

Because our lives are fragile and fallen before an everlasting and holy God, we can only find joy and purpose in this present life by seeking His grace and wisdom.

1. The E_____ God & Our M_____ Lives (vv.1-6)

(cf. Gen 3:19, Psalm 103:15-16, Isa 40:6-8)

- God is e_____ (vv.1-2)
The communicable & incommunicable a_____ of God

- We are f_____ (vv.3-6)

2. The H_____ God & Our M_____ Lives (vv.7-11)

(cf. Heb 4:13, Rom 3:23, Ecc 12:14, James 4:14)

- We are all s_____ before God (vv.7-8)
- The f_____ of life in a broken world (vv.9-11)

3. The G_____ God & Our M_____ Lives (vv.12-17)

(cf. Eph 5:15-16, Psalm 63:3, Psalm 103:5, John 6:35, 1 Cor 15:58)

- Live life with p_____ & w_____ (v.12a)
- Comes only from God's m_____ & g_____ (vv.12b-13)
- Find true s_____, joy and gladness from and i__ God -- including our work (vv.14-17)

Recommended Resources

- *Beautiful, Disappointing, Hopeful: How Gratitude, Grief, and Grace Reflect the Christian Story* by Drew Hyun
- *None Greater: The Undomesticated Attributes of God* by Matthew Barrett
- *You're Only Human: How Your Limits Reflect God's Design and Why That's Good News* by Kelly M. Kapic



Reflection Questions

- What does Psalm 90 reveal about God and humanity?
- What feelings or thoughts come up when you contemplate the brevity of life?
- How have you experienced the frustration and futility of life?
- Are there sins or patterns of sin in your life that you're minimizing or perhaps even ignoring or denying?
- What am I currently looking to for satisfaction in life?
- If God were to "teach me to number my days" today, what is one thing He might be asking you to start, stop, repent of or surrender in your life?
- What would change this week if I genuinely believed that my life is short, God is eternal, Christ has redeemed me, and my labor in Him is not in vain?
- Parent Corner: How do the truths of these verses shape how you might parent and raise up your children? What does it look like for you as a parent to "number the days" and "get a heart of wisdom" with your children?

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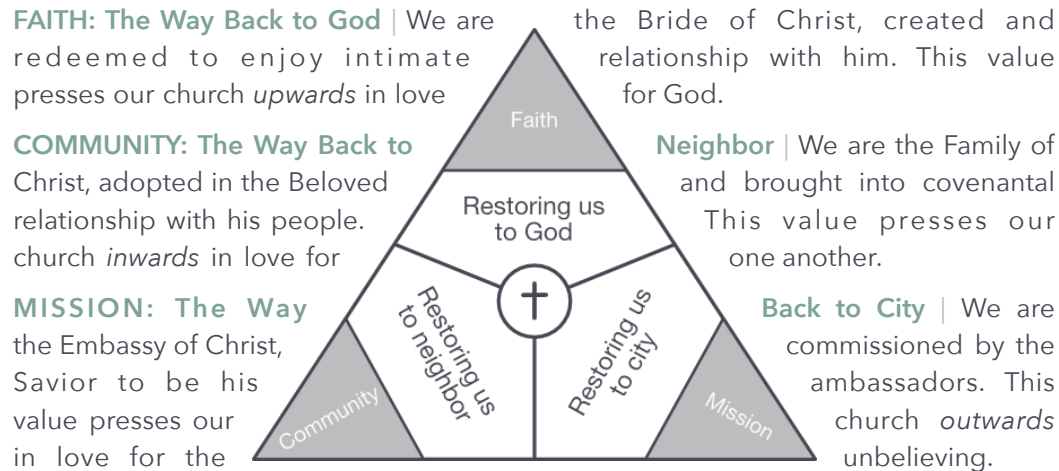


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Our Mission & Values

Mercy Hill Church exists to help restore us to God, neighbor, and city through the good news of Jesus Christ.



Your Next Steps

When approaching the Christian faith and life, it can be confusing to know where to even begin. Come find us at the Next Steps Table after the service—it would be our joy to help you along in the journey! And if you're a visitor, we have a special gift bag for you. Don't miss it!



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Welcome to Mercy Hill Church.
We are so glad you've joined us today!

Announcement Spotlight

Allen at Steinbeck Gardening Project

On Saturday, October 10th from 9:00am to 12:00pm we have a great opportunity to help Allen at Steinbeck Elementary with their garden which serves the kids and families in the community.

We are looking for 10-20 volunteers (kids included!) to help out with the following:

- Rebuild the last two garden beds and line them with new hardware cloth.
- Dig four large holes along the fence so we can plant flowers and vines.
- Clean up and refresh the soil in their garden beds with some new soil and manure to get them ready for winter planting.

Please scan the QR code below to find a link to RSVP.

If you have any questions, please email Joey at joey@mercyhillchurch.org.

All Church Prayer - Tonight!

Covenant Membership Class - Last Call!

Scan the QR code below for more info and clickable content!

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