

## MESSAGE OUTLINE TRUE COURAGE: TRUST

### Psalm 90

A prayer of Moses the man of God.

- <sup>1</sup> Lord, you have been our dwelling place throughout all generations.
- <sup>2</sup> Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.
- <sup>3</sup> You turn people back to dust, saying, "Return to dust, you mortals."
- <sup>4</sup> A thousand years in your sight are like a day that has just gone by, or like a watch in the night.
- <sup>5</sup> Yet you sweep people away in the sleep of death—they are like the new grass of the morning:
- <sup>6</sup> In the morning it springs up new, but by evening it is dry and withered.
- <sup>7</sup> We are consumed by your anger and terrified by your indignation.
- <sup>8</sup> You have set our iniquities before you, our secret sins in the light of your presence.
- <sup>9</sup> All our days pass away under your wrath; we finish our years with a moan.
- <sup>10</sup> Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away.
- <sup>11</sup> If only we knew the power of your anger! Your wrath is as great as the fear that is your due.
- <sup>12</sup> Teach us to number our days, that we may gain a heart of wisdom.
- <sup>13</sup> Relent, Lord! How long will it be? Have compassion on your servants.
- <sup>14</sup> Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.
- <sup>15</sup> Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.
- <sup>16</sup> May your deeds be shown to your servants, your splendor to their children.
- <sup>17</sup> May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.

We gain courage when we...

### 1. Trust God is \_\_\_\_\_.

*Lord, you have been our dwelling place... from everlasting to everlasting you are God.*

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." **John 15:5 (NIV)**

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

**2 Corinthians 12:9 (NIV)**

I can do all this through him who gives me strength.  
**Philippians 4:13 (NIV)**

### 2. Trust God's \_\_\_\_\_.

*Teach us to number our days, that we may gain a heart of wisdom.*

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you... Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. **James 1:5, 3:13 (NIV)**

### 3. Trust God's \_\_\_\_\_.

*Satisfy us in the morning with your unfailing love...*

Praise the Lord, my soul... who satisfies your desires with good things so that your youth is renewed like the eagle's. **Psalm 103:5 (NIV)**

- Have compassion
- Teach us
- Satisfy us
- Make us glad
- May your deeds be shown
- May the favor of the Lord rest on us
- Establish the work of our hands

**SMALL GROUP DISCUSSION QUESTIONS**  
**WEEK OF NOVEMBER 15, 2020**  
**TRUE COURAGE: TRUST**

**CONNECT**

- What do you think cultivates wisdom?
- What word best describes you when you are pressed for time?

**SPIRITUAL PRACTICE: Prayer of Recollection\* (remembering who we are in Christ)**

With all the noise and distractions, the Prayer of Recollection helps us let go of the fragmented pieces of our false selves (the identity we fabricate for ourselves), creating space for our soul to “re-collect” our true identity in Christ. When our primary identity is firmly grounded in Christ, we are free to live out our secondary roles and responsibilities from a place of security, courage, and trust.

**Practicing Silence:** Begin by sitting quietly. Relax in the presence of God. Let go of any distractions that come and simply focus on being with God.

**Prayer of Recollection:** We will use four movements to guide us. The goal is to come to a place of rest, by placing our trust in God. Apart from Christ, I can do nothing. God's grace is made visible in my weakness.

**1. Affirm: I acknowledge I am not God, but a finite creation of God—I affirm my limitations as a finite person and affirm the eternal nature of God.**  
**Practice:** For a moment, let go of your need to control whatever is distracting or troubling you. What does it feel like to loosen your grip on those things and admit your limitations?

**2. Repent: I confess my attachment to false identities—I repent of my efforts to somehow find my identity, worth, and salvation in roles, achievements, or possessions other than God.**  
**Practice:** For a moment, imagine you are in the dwelling place of God's eternal presence, where no pretending or achieving is needed. How does it feel to just be your true self?

**3. Embrace: I affirm the truth of my soul's true identity in Christ—I embrace and celebrate my true identity as forgiven, adopted, chosen, and loved by God, all of which does not change.**  
**Practice:** For a moment, embrace the truth that you are totally forgiven, adopted, chosen, and loved by God. How does it feel to trust yourself to what God says is true of you?

**4. Rest: I seek God's help to live out of my primary identity in Christ each day—I rest in God's truth, believing God is present with and within me to form and shape me into the image of Jesus Christ.**  
**Practice:** For a moment, receive the identity God has given you. How does it feel to believe what God says is true?

**Group Debrief:** How does it feel to quiet the distractions and trust God with your identity? What was it like for you to reflect on these statements?

**SCRIPTURE REFLECTION**

- Review: Read Psalm 90 aloud. What stood out to you in this week's scripture or message?
- How does this Psalm call us to a posture of humility and surrender?
- How does this passage reflect a personal relationship between Moses and God? How do you think Moses views life? How do you view life?
- What does Moses know to be true of God? How does that help carry him through the messiness of human reality?
- What are the blessings Moses is asking for from God? What are some things that can get us off track and distracted from recognizing God's blessings?
- In what ways can we keep an eternal perspective within the busyness of life and limitations of time? How do we make the most of our days?
- What is the difference between wisdom and knowledge? How does reflecting on our finite days help us gain wisdom? How do we determine what is truly valuable?

**PRAYER AND BENEDICTION**

**Prayer Requests:** What wisdom do you need in the coming week? Considering the week ahead, how can we pray for you?

**Prayer and Benediction:** *May the favor of the Lord our God rest on us; establish the work of our hands for us – yes, establish the work of our hands. In the name of the Father, and the Son, and the Holy Spirit. Amen*

**DAILY PRACTICE:** Continue to spend time with God daily in Solitude, Scripture, and Prayer (see Reading Plan & Playlist). Reflect on what is truly valuable to you from an eternal perspective. Ask God for true wisdom, that you might produce fruit for eternity today.

\*Adapted from Larry Warner

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