

HOME • LIFE • RELATIONSHIPS

“FINDING BALANCE”

LESSON 1

☰ Psalm 90

POINT

We need to manage our time with eternity in mind. None of us knows how many years, months, weeks, or minutes we have left on this earth. In order to live with eternity in mind, it would do us well to manage our time well—especially with how we spend time with our family, work, and development of our faith. When we begin managing our time for greatest impact in other lives, we begin to live our time for God’s purposes above our own.

NOTE: Throughout the study guide, the questions have been tailored around the three emphases of LifeBridge: Discover Grace (Acts 2:47), Grow in Grace (Col. 1:28), and Live Gracefully (Eph. 2:10). Having questions from the text and also tailored to these three emphases is an attempt to help your group to both absorb the principles to each person’s life, and to consider how to transfer them into another’s life.

TIP: As the leader you have latitude to mold this lesson to your group and the time you’ve budgeted to study together. For any question you ask, consider ways you might need to ask a follow-up question that fits your group. This is just a guide for you to adapt to the people in your group. Enjoy!

Notes:

DIG

Read Psalm 90 (have everyone listen or follow as you read it). The psalmist opens by pondering the fact that God is eternal (vv. 1-4). Next, he notes the frailty of man and the brevity of human life (vs. 5-6). These two realities can create tension in the lives of human beings, because we want our frail lives to count for eternity. The only solution is to number our days (v. 12).

In the comic movie, "Mr. 3000," Bernie Mac plays a baseball slugger who walks off the field and retires immediately after getting his 3,000th hit. This feat gives him the nickname, Mr. 3000, which he is able to parlay into fame and fortune after his career is over. He also thinks it will guarantee his entrance into the Hall of Fame.

However, before he is granted that honor, it is discovered that statisticians had made a mistake when counting up his hits—he only has 2,997. So, in his 40's, Mr. 3000 rejoins the league in an effort to collect three more hits, and regain his happiness and significance. Along the way he realizes that the things he has used to define himself really aren't important at all.

Notes:



DISCOVER

Why is God angry (vs. 7, 11)? What would you say to a friend that says, "I do not want to believe in an angry God?"



GROW

Give examples of the frailty and brevity of human life. How should that affect the way we live our lives for an eternal God? Why is there wisdom in counting our days?

APPLY

Author and pastor, John Piper, tells about a plaque that used to hang over the sink in the kitchen where he grew up. He figures that every day in those formative years he read the simple verse that was printed there:

“Only one life, ‘twill soon be past. Only what’s done for Christ will last.” To the left, beside those words, was painted a green hill with two trees and a brown path that disappeared over the hill. “How many times,” says Piper, “as a little boy, and then as a teenager with pimples and longings and anxieties, I looked at that brown path—my life—and wondered what would be over that hill. The message was clear. You get one pass at life. Only one. And the lasting measure of that life is Jesus Christ. I am 57 as I write these words, and that very plaque hangs today on the wall by our front door. I see it every time I leave home.” (John Piper, from the sermon “Boasting Only in the Cross”)

You have to be a wise steward of your time in order to live a life that counts. That starts with realizing how many few days you actually have. You must think about how you spend your time with family, at work, and with the Lord. Striking a balance can begin to be realized when you do practical things of goal-setting and writing a life’s purpose statement. Your life will also strike a balance as you offer your days to God and ask him to bless you with eternal significance. You only have one life to live—don’t waste it!

ACTION POINT

Keep a record of the time of your activities for a week. Record how much time you spend with your family (eating, watching TV, talking, doing a project), with your work (including commuting, time away from home, emailing at home), and your time developing your faith (reading from the Bible, praying, talking with someone about faith issues). At the end of the week assess which activities need to change. This may mean adding or deleting activities from your week. Ask God what he would have you do.



DISCOVER

In vs. 14-15 it says that we can find gladness even in affliction. What reason is given for this possibility? Do you know someone whose joy in affliction touched the lives of unbelievers around them?



GROW

Ps. 90:17 promises that God’s favor will rest upon us when we do what? What would God’s favor look like—God’s favor on our lives with family, at work, and with Him?



LIVE

Name one thing you will stop doing and one thing you will start doing in its place.
