

# Psalm 90

## God: The "Awesome-est"

Scripture: Psalm 90

Memory Verse: Psalm 90:2b *"Even from everlasting to everlasting, You are God!"*

Lesson Focus: This Psalm attributed to Moses teaches us some of the most amazing truths about God. One cannot read this Psalm and not come away in awe and wonder at Who God is. We will teach the kids what the word awesome used to mean and using this Psalm explain why that word should be reserved for God alone, the "awesome-est"!

Activities and Crafts: Coloring Picture of memory verse, Word Search of different terms from lesson, Bring it Home Discussion for 3<sup>rd</sup> - 5<sup>th</sup>.  
Craft for 1<sup>st</sup>/2<sup>nd</sup> Grade: Psalm 90 "Cootie-Catcher"

Starter Activity: Is EVERYTHING Awesome?

The word "awesome" is a word that the kids are very familiar with for it has become a very common way of expressing something that is good or cool. Teachers: Consider putting the word "awesome" on the board, maybe by playing hangman. But once you have it there, ask the kids what this word means to them or have them list examples of things that they think are "awesome". \*

Q: How many of you watched the first Lego movie? What was the famous song that was popular from that movie? A: *Everything Is Awesome!* (Teachers: Consider sharing an audio clip with the kids: <https://www.youtube.com/watch?v=AkLM7CJEeBg>).  
Some of the things that the song said are awesome: dogs with fleas, allergies, rocks, clocks, and socks? Really? \*

While this movie was fun and the song was catchy and funny \*, I think we should question a little of what this song is saying: "Is **EVERYTHING** awesome?" Really?

The word "awesome" comes from the word "awe".

Q: What does it mean to be in "awe" of something? A: It means having that feeling of respect and amazement with some fear and wonder mixed in!

The word "awesome" used to be reserved ONLY for things that gave you that feeling of amazement and wonder. \*

Q: Who do you think the Bible would have us reserve the word "awesome" for?

A: God! We will see some of God's "awesomeness" in our text today. Let's take a look!

### Bible Study:

We are taking a break from the book of Exodus to look at one of the Psalms. The Psalms were the worship songs of God's ancient people. This Psalm is introduced to us as a "prayer of Moses". Moses certainly saw some AWESOME works of God which I'm sure inspired him to write this.

Q: What AWESOME wonders has Moses experienced in our study of Exodus so far?

A: The burning bush and the ten plagues, which brought about the rescue of God's people from slavery in Egypt. These aren't the last Moses will see! (Teachers: Consider having the kids proclaim along with you, "**AWESOME**", as you progress through the text! See the various places it is **emboldened** below.)

**Psalm 90:1-2:** The all-powerful God who worked wonders to rescue Israel from Egypt is the same God who created all things with just a word! These verses agree with **Genesis 1**, the very first chapter of the Bible, which describes how God simply spoke and brought the whole universe into being out of nothing! **AWESOME!** \*

Q: v. 2 says that from everlasting to everlasting, God has been there. What does "everlasting" mean?

A: It means forever. From forever back to forever forward, God has ALWAYS been there! **AWESOME!**

Some people ask the question, "*Where did God come from or who created God?*" The answer is NO ONE! Remember God told Moses at the burning bush that He is the great I AM! And how amazing is it that this same God offers to be a refuge and a dwelling place to all who believe in Him. **AWESOME!**

**Psalm 90:3-4:** Wow! A thousand years to God is like just a moment to us!

Teachers: Consider drawing on the whiteboard something like the example picture shown at the end of the lesson. Ask the kids for some important dates, maybe even one of their birthdays to add to the timeline. Use this chart to show how God is outside of time and "sees" it all.

Do you know that you are all part of God's grand design? God thought of you, knew your birthday, and who you would be all before you were even born! **AWESOME!**

**Psalm 90:5-6:** God looks down upon men and he sees our lives. Compared to God we are just like grass that grows and thrives for a little while but then withers and dies.

Q: What do you think God sees as He looks at the world and the mess man has made of it? Do you think God is happy with what He sees? (Teachers: Consider getting several kids to answer and get their thoughts on this) \*

**Psalm 90:7:** The answer to the last question is that God is a holy, righteous, perfect God and He sees people that have turned their backs on Him in rebellion and sin! And it both saddens Him and angers Him!

Q: Do you know what Israel did shortly after He rescued them from Egypt? (we are going to read about this in a few weeks!)

A: They turned to false gods! They turned their back on God, even after all that He did for them! And God justly punished them which is likely what Moses refers to here.

**Psalm 90:8:** This tells us something else very amazing about God. He KNOWS all things.

Q: Who has an Alexa in their home? They are pretty smart, but do they know everything about everything? NO! But God does! **AWESOME!**

But that means He also knows everything about YOU. As it says in v. 8, this means He knows even your secret sins. \* Are you doing bad things in secret thinking that no one knows? Beware! God knows!

**Psalm 90:9-11:** These verses don't describe a pretty picture. Sin destroys! It destroys not only us, but those around us. God brings correction to His people so that they turn from the sin that is destroying them and turn back to Him, the source of all goodness. \*

**Psalm 90:12:** And we begin to see this turning back to God here. Moses cries out to God: *"Teach us! You, the AWESOME God Who knows all things: Teach us!"*

Q: What does it mean to be taught by a teacher?

A: It means that you are ready to listen, learn, and change. It also means that you are humbly admitting that you need the teacher's instruction! \*

**Proverbs 1:7** says that the *"fear of the Lord is the beginning of knowledge, but fools hate wisdom and instruction."* If we want to be wise, we will recognize how AWESOME and good God is and cry out to Him with Moses: *Teach me!* That is not only the beginning of the Christian life, but the daily cry of the Christian! \*

**Psalm 90:13-14:** When we turn from our sin and turn to God in faith, something changes inside of us. We are restored in relationship to God and we can expect His favor and grace to rest on us! **AWESOME!**

When you get punished by your Mom or Dad for doing something wrong there is anger and tension between you at first. But when you turn back to them with a genuine, "I'm sorry", they snuggle in with you and your relationship is beautifully restored! \*

**Psalm 90:15-17:** This Psalm closes with a beautiful prayer to the AWESOME God asking for His blessing. Notice in v. 17 the cry for the beauty or the "grace" of the Lord God to be upon them.

**Key Point:** That prayer was ultimately answered hundreds of years later when a certain someone entered the world in a manger.

Q: Who was that? Jesus! Immanuel: God with us!

The same AWESOME God who is:

- POWERFUL enough to speak all things into existence from nothing
- ETERNAL and always existing from everlasting to everlasting
- ALL-KNOWING, even knowing our worst and secret sins
- HOLY and perfect and fully just to punish us forever for our sin in hell

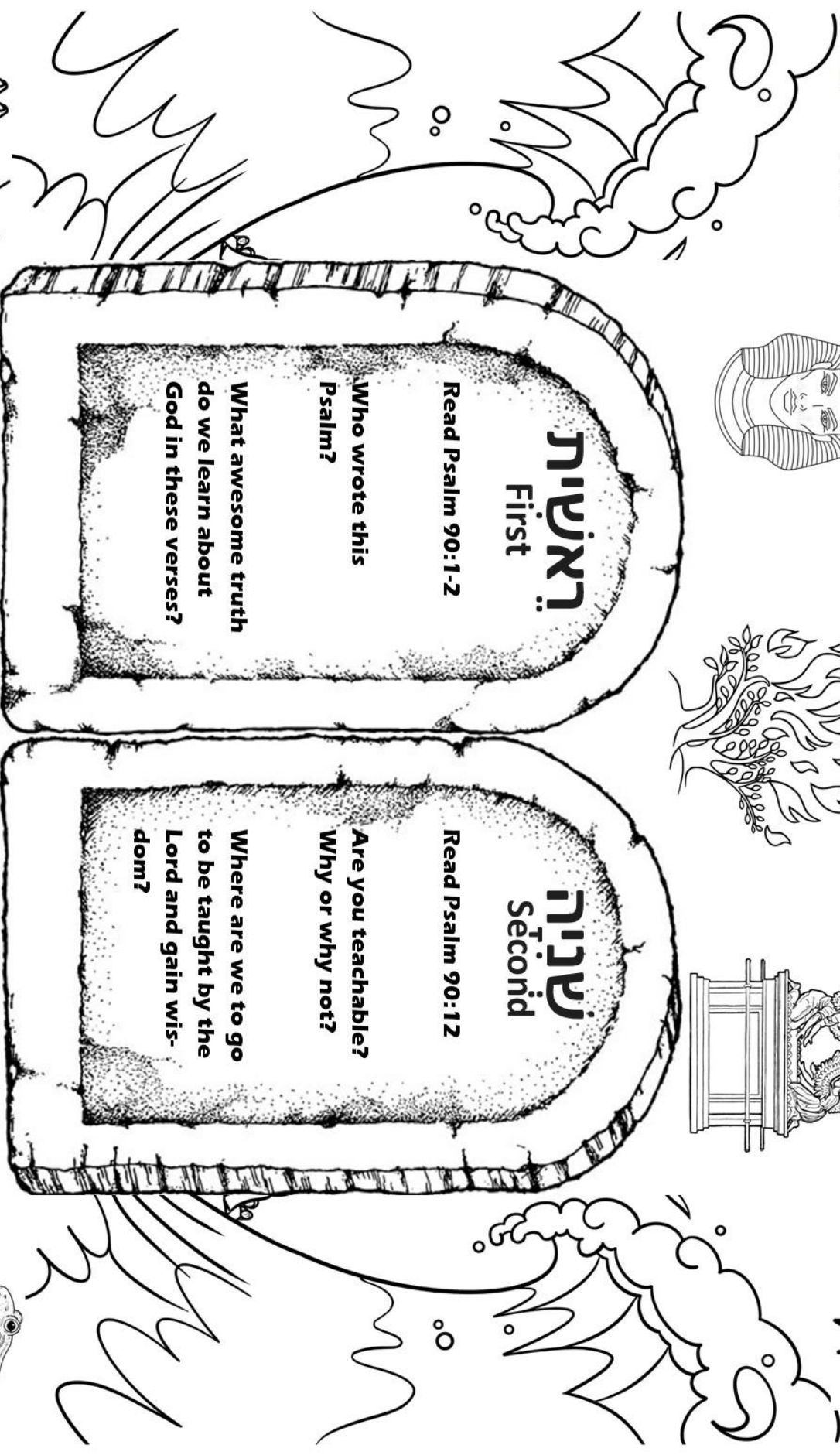
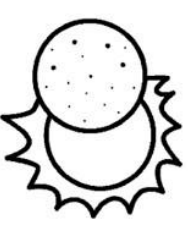
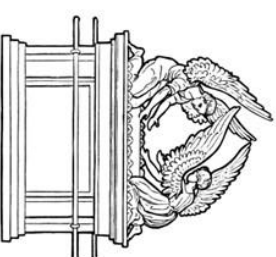
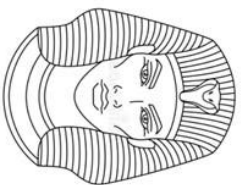
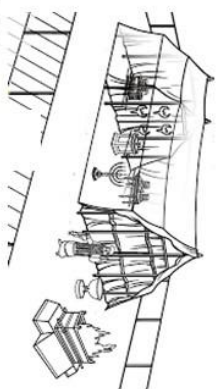
Is the same God who came down into this mess we created, lived among us as one of us, and went to the cross to take the punishment we deserved that we might be restored and forgiven through faith in Him! Such amazing love! **AWESOME!**

If you are worried about the wrath and punishment of God we read about in this Psalm, Jesus Christ came so that you do not need to worry anymore. God will punish because He is holy and just. But He also loves to save and forgive! When you believe and trust in Him, ALL of your sins, past, present, and future, are forgiven! That is why Jesus came! And that is **AWESOME!**

Boys and Girls: Next time you hear the word awesome ask yourself, "Wait a minute. Is that REALLY awesome?" Remember WHO ALONE is worthy of your awe and wonder.

God is the AWESOME-EST! \* Follow Him faithfully this week and may He be your refuge and strength.

# Bring It Home



## ראשית First

Read Psalm 90:1-2

Who wrote this  
Psalm?

What awesome truth  
do we learn about  
God in these verses?

## שניה Second

Read Psalm 90:12

Are you teachable?  
Why or why not?

Where are we to go  
to be taught by the  
Lord and gain wis-  
dom?

Parent Challenge:

What do you think is the most "awesome" thing  
about God?

