



Rock Bridge Small Group Discussion Guide
Thrivin' - Part 4
PARTICIPANT GUIDE

Into the Word:

*What one point or part of the sermon was most impactful to you and why?

Read Psalm 90:1-17

a) How does this verse warn us? Comfort us?

b) How does God's wrath relate to our long-term happiness (Compare verses 7-12 and verse 14)?

c) What type of wisdom comes from counting our days?

d) Read the following from a blog post on Psalm 90, and then discuss it together as a group. What about these interpretive comments means most to you?

If God is eternal and our earthly lives are transient, then there is only one place the wise will choose to live: in God, our forever dwelling place ([Psalm 90:1](#)). If we are brought to an earthly end by the righteous wrath of God for our sins ([Psalm 90:7-8](#)), then there is only one thing the wise will seek during this brief terrestrial sojourn: God's mercy and favor ([Psalm 90:13, 17](#)). And if our fleeting, grass-like lives are full of "toil and trouble" ([Psalm 90:10](#)), then there is only one satisfaction the wise will pursue: the steadfast love of the everlasting God ([Psalm 90:14](#)).

e) Overall, how does this psalm and its meaning produce gratitude and worship in you?

Apply the Word:

a) How are you processing the following question from the sermon: Is my happiness more American or Christian? (i.e.- purchased by money or pleasing to people VS. produced by the Holy Spirit?)

b) In the message, Matt asked us to imagine we had 6 months to live. How did that challenge you?

c) Share 1-2 things that you decided you would need to do if you had 6 months to live?

d) How can we hold each other accountable and encourage each other?

Prayer:

*Use Psalm 90:12 as the basis for your prayers.