



Like Sands  
through the  
Hourglass...

Sermon Series

*What the Bible  
says about the  
Days of Your Life*

Message 1

## So Are the Days of Our Lives

- Psalm 90 -

### The Painful Reality (vv. 1-11)

Our Days on this earth . . .

- are \_\_\_\_\_ by \_\_\_\_\_. (vv. 1-4)
- will come to a \_\_\_\_\_ . (vv. 5-6)
- are \_\_\_\_\_ by \_\_\_\_\_. (vv. 7-9,11)
- are \_\_\_\_\_ . (v. 10)
- are often \_\_\_\_\_ with \_\_\_\_\_. (v. 10)

### Our Prayerful Response (vv. 12-17)

O Lord, . . .

- help us to \_\_\_\_\_ and be \_\_\_\_\_.  
(v. 12)
- \_\_\_\_\_ us as we \_\_\_\_\_ from our \_\_\_\_\_.  
(v. 13)
- \_\_\_\_\_ our \_\_\_\_\_. (vv. 14-15)
- help us see that \_\_\_\_\_.  
(v. 16)
- \_\_\_\_\_ so that what we do \_\_\_\_\_.  
(v. 17)