# Hope in Times of Change

PSalm 90

**Overview**

When change reminds you of your own morality, hope in the immortal God.

**Notes**

1. Remember God (1-2).
2. Fear God (3-12).
3. Trust God (13-17).

**Reflection Questions**

1. What causes you to want to place your hope in this life instead of heaven?
2. Where can the glorious power of the Lord be most clearly seen?
3. What is the fear of the Lord and how does numbering our days help us fear the Lord?
4. Why is the fear of the Lord necessary for trust?
5. In what ways has God shown himself to be your dwelling place?