

Time January 8, 2022

## OPENING QUESTION

**How do you feel about being limited – whether it’s speed limits, spending limits, data limits, or any other limits?**

When have you really appreciated or come to value a limit that was set for you?

Another New Normal means recognizing the limits and boundaries that create space for the flourishing life God invites us to *within* those borders. Instead of running on empty, full of obligations and overextensions, we want to receive our limits as God’s gifts for our flourishing and fullness, believing that “The boundary lines have fallen in pleasant places for me.” (Psalm 16:6)

## READ THE PASSAGE – Psalm 90

**What similarities and differences between God’s perception and use of time and our own does this Psalm highlight?**

- Which images and metaphors are most striking to you? Why do you think they stand out to you?

As Moses (the author of this psalm) considers the limits of life – quickly fading like grass, seventy or maybe eighty years – and in some verses seems undisturbed by the inevitability of the end.

**Based on what you read in the psalm, what perspectives might create this confidence or contentment?**

- How do you feel when you consider the limitedness of life?
- What situations or circumstances cause you to consider the length of a life?

**What do you know about Moses’ story that adds to your understanding of the psalm?**

- Moses’ story spans from Exodus to Deuteronomy; if you have time, consider the story in Exodus 18:13-24; what did Moses need to learn about his limits?
- How do you think Moses grew from that place of lack-of-limits to the understanding of his time in Psalm 90?

**What do you think verse 12 means by “teach us to number our days?”**

- How or when do you take inventory of your own time and schedule? Do you have good strategies for doing this?
- Where are the spaces and places that you use your time as if it is unlimited? What are the effects of this on the rest of your schedule, on your relationships, or any other area of life?
- Where in your schedule do you need to recognize the limits God has given you and create more space?

## FROM THE MESSAGE

Dirk shared on Sunday about the need for margin or breathing room in our lives; the abundant life Jesus promises us has space in it. In the message, he talks about how to put limits on how we spend time to create this breathing room.

### DAILY TIME

Exodus 16  
Psalm 31 (esp v 15)  
Ephesians 5:8-20 (ESV)  
James 4:13-17  
2 Peter 3:8-13  
Ecclesiastes 3

As you read each day, consider:  
What does this show me about God and His character?  
What perspective does this give on my heart and acts?  
Considering those, how will I respond?

### ONE WORD WOMEN’S EVENT

January 5, 7-8:30 pm  
Sign up: [Encounterchurch.org/events](https://encounterchurch.org/events)

### SIGN UP TO SERVE!

[Encounterchurch.org/serve](https://encounterchurch.org/serve)

### NOTES AND QUOTES

“We are line-crossers, boundary-breakers, fence-jumpers, carrying inside us a warped belief that our heavenly parent wants to withhold from us something that is needful or pleasurable.” (Wilkin, *None Like Him*, p 22)

On Exodus 1-20: “For a people enslaved and disciplined by ungodly limits, God works through covenant to restore their personhood with a call to embrace creaturely, life giving limits within the law; He calls them to resist hurry, anxiety and restlessness. He calls them to put off their identity as slaves under Pharaoh and be the people of God.” (Mason King, *Entering God’s Rest*)

**Before diving into Psalm 90, Dirk discusses the difference between a “time management system” and a “life management perspective.”**

- How would you describe the difference between a system and a perspective, practically? What different outcomes do they produce?

**In discussing Psalm 90:11, Dirk explains the meaning as “If we saw God as He is, we would give Him the reverence He is due.”**

- How do we improve our vision for seeing God as He is? What does it practically look like to give Him the reverence He is due?
- While we’re talking about time, how much of your time do you devote to beholding God and worshiping Him? How do you feel about that?

**Extra:** The world we live in disciplines us in restlessness and hurry; it tries to teach that fullness comes not from God, but by filling every moment and every square inch of our lives.

Where (generally or specifically, personally or from media) can you think of hearing from culture on how you use your time?

- How can you remind yourself of God’s better truth in those scenarios?

## CLOSE WITH PRAYER

Spend time in prayer for one another, if possible, about the things you have discussed here.

## PRAYER AND CARE

Reminders for the week ahead:

*Psalm 90*

*From Everlasting to Everlasting*

*A Prayer of Moses, the man of God.*

*1 Lord, you have been our dwelling place  
in all generations.*

*2 Before the mountains were brought forth,  
or ever you had formed the earth and the world,  
from everlasting to everlasting you are God.*

*3 You return man to dust  
and say, “Return, O children of man!”*

*4 For a thousand years in your sight  
are but as yesterday when it is past,  
or as a watch in the night.*

*5 You sweep them away as with a flood; they are like a dream,  
like grass that is renewed in the morning:*

*6 in the morning it flourishes and is renewed;  
in the evening it fades and withers.*

*7 For we are brought to an end by your anger;  
by your wrath we are dismayed.*

*8 You have set our iniquities before you,  
our secret sins in the light of your presence.*

*9 For all our days pass away under your wrath;  
we bring our years to an end like a sigh.*

*10 The years of our life are seventy,  
or even by reason of strength eighty;  
yet their span is but toil and trouble;  
they are soon gone, and we fly away.*

*11 Who considers the power of your anger,  
and your wrath according to the fear of you?*

*12 So teach us to number our days  
that we may get a heart of wisdom.*

*13 Return, O Lord! How long?*

*Have pity on your servants!*

*14 Satisfy us in the morning with your steadfast love,  
that we may rejoice and be glad all our days.*

*15 Make us glad for as many days as you have afflicted us,  
and for as many years as we have seen evil.*

*16 Let your work be shown to your servants,  
and your glorious power to their children.*

*17 Let the favor of the Lord our God be upon us,  
and establish the work of our hands upon us;  
yes, establish the work of our hands!*

“God does not have to depend on human exhaustion to get His work done. God is not so desperate for resources to accomplish His purposes that we have to abandon the raising of our children in order to accommodate Him: God is not so despairing of where to turn next that He has to ask us to go without sleep five nights in a row. Chronic overloading is not a spiritual prerequisite for authentic Christianity. Quite the contrary, overloading is often what we do when we forget who God is.” (Shirer, quoting Swenson, p 109)