



4

LEADER LESSON

PSALM 90:1-2 , 14

LEADER TEACHING TIP

Pair up students and give them 8-10 minutes to look up verses, and to answer the discussion questions (or assign them a specific discussion question to answer). Bring everyone back together and let each pair give their answer to one of the questions that they answered.

When pairing off, count off 1,2,3,4,1,2,3,4 so that best friends who are sitting next to each other do *not* get paired up -OR- intentionally assign pairs of students who do not know each other

INTRODUCTION (15 MINUTES)

Pray

Open your time together in prayer.

Checkpoint

Last small group, we asked you to reflect on where you turn for help in tough times. Did you journal and pray about it? And did you talk with a friend from RUSH about what you learned? Share.

Video

To view the engage video, please see the instructions stored on the back of the TV in your room. has context menu.

READ PSALM 90:1-2, 14

DISCUSSION QUESTIONS (30 minutes)

Observation, Interpretation, and Application

1. What is the location of the dwelling place?
God is their dwelling place.
2. What time periods are mentioned in verses 1-2?
Throughout all generations, before the mountains were born, from everlasting to everlasting
3. What do verses 1-2 reveal about God?
Moses understood that God has always been a dwelling place for His people. He acknowledged that God existed before creation (before the mountains were born), He is a continuous presence (throughout all generations), and He is eternal (from everlasting to everlasting).
4. Think about your safe place—somewhere you feel secure and at peace. Have you ever thought of God like that? As your dwelling place? If not, what steps can you take to make God your dwelling place more often?
5. What does Moses ask God for in verse 14?
For God to satisfy them with His unfailing love and joy, providing them with a reason to rejoice continually.
6. Why did Moses pray for satisfaction in the morning through God's unfailing love?
"That we may sing for joy and be glad all our days." Moses knew that God's love is steady and unchanging. He wanted to be satisfied by God's love each morning because he knew it could bring joy and fulfillment every day no matter what was happening around them.

7. Where do you look for satisfaction? If it's not God, how long does your satisfaction last? Are there any consequences?
8. Think of a time when you felt God's presence during a tough situation. How does this show that God is always a safe place to turn to?

Checkpoint Challenge

Over the next week, make time to evaluate your priorities with God. Reflect on your current routine and identify areas where worldly distractions have caused you to look for satisfaction in something other than Him. Write down those areas and confess this struggle to God. Pray, and ask Him to show you one area to give to Him and help you find satisfaction in Him instead.

CLOSING PRAYER IDEA/SUGGESTION (10 minutes)

Pair up students (who do not know each other well) in 2's and have them spend 5-10 minutes sharing a praise & a prayer request; each student prays for the other student.

DIVE DEEPER (RESOURCES FOR STUDENTS WHO WANT TO DIVE DEEPER AFTER TONIGHT)

Cross References

Psalm 90:1-2

Deuteronomy 33:27

Psalm 91:1 – 2

Isaiah 40:28

Habakkuk 1:12

Psalm 90:14

Psalm 63:3-5

Lamentations 3:22-23

Psalm 143:8

Psalm 36:7-9

Psalm 107:9

Video Related to Psalm 90:1-2, 14

- ▶ [Crossroads Sermon Series, "Grit": Growing in Grit by Pastor Adam Steinbock](#)