

***Singing & Praying  
A Good Death***

**Psalm 90**

*Meditating &  
Praying the  
Psalms*

A close-up photograph of a person's hand resting on an open book. The book's pages are visible, and the lighting is warm and focused on the hand and the text. The text 'Meditating & Praying the Psalms' is overlaid in a white, elegant cursive font across the center of the image.



*I have fought the  
good fight, I have  
finished the race,  
I have kept the faith.*

**2 Tim. 4:7**

*“When I awake,  
I am still with You.”*

*Psalm 139:18*



# How to prepare ourselves to face death confidently?



*“When I awake,  
I am still with You.”*

*Psalm 139:18*

**Psalm 90**  
**Singing and Praying**  
**A Good Death**

**A Prayer of Moses**  
(Moses' only psalm, oldest)

**A Song of Realities**

*Living the godly life  
facing our mortality  
with Good Death*

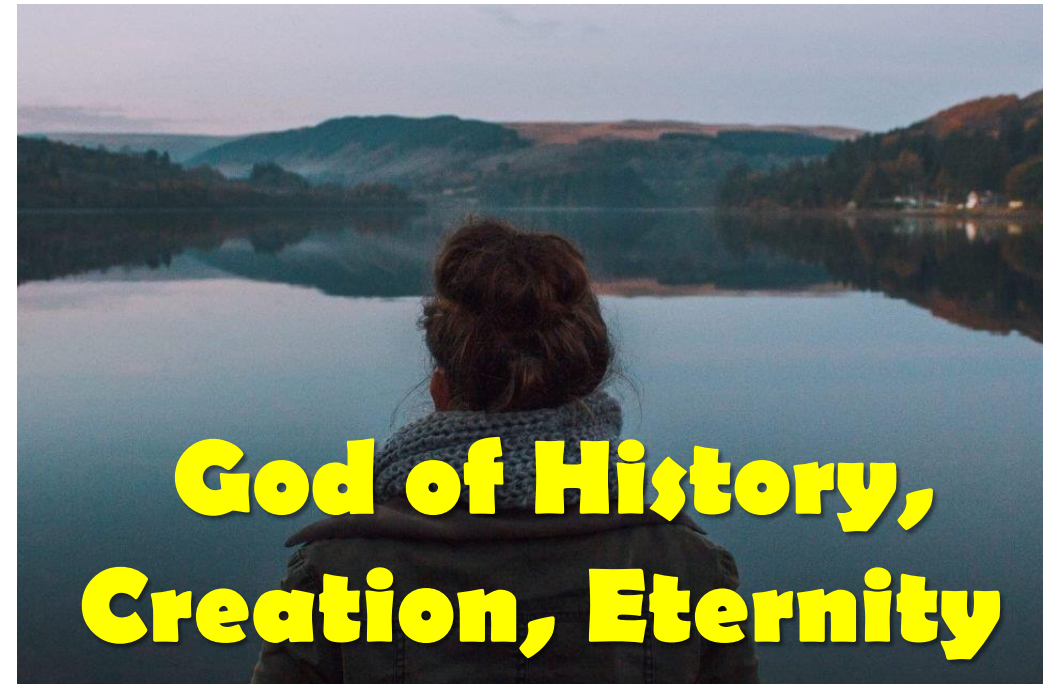


**It starts with knowing**  
**who we are living with**

*<sup>1</sup> Lord, you have been our dwelling place throughout all generations.*

*<sup>2</sup> Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.*

**The Unchanging**  
**Creator Eternal God**  
*Our Dwelling Place, Our Refuge*



**God of History,**  
**Creation, Eternity**

# **Face the Three Facts of Realities of Life**

- **Our Insecurity of Mortality**
- **Our Iniquity of Sin before God**
- **Our Inability to Live a Full Life Without God**



# **Our Insecurity of Mortality**

*<sup>3</sup> You turn people back to dust, saying,  
“Return to dust, you mortals.”*

*<sup>4</sup> A thousand years in your sight are  
like a day that has just gone by, or like  
a watch in the night. <sup>5</sup> Yet you sweep  
people away in the sleep of death—  
they are like the new grass of the morning:  
<sup>6</sup> In the morning it springs up new,  
but by evening it is dry and withered.*

***Our life is A loan from God***



# Our Iniquity of Sin Before God

*<sup>7</sup> We are consumed by your anger and terrified by your indignation.<sup>8</sup> You have set our iniquities before you, our secret sins in the light of your presence.*

**God knows all our sins**





# **We face the wrath of God & the consequences of sin**

*<sup>9</sup> All our days pass away under your wrath; we finish our years with a moan.*

*<sup>10</sup> Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away. <sup>11</sup> If only we knew the power of your anger! Your wrath is as great as the fear that is your due.*

## **Our Frailty and Suffering**



# **Our Inability Without God**

***12 Teach us to number our days,  
that we may gain a heart of wisdom.***

***13 Relent, LORD! How long will it be? Have  
compassion on your servants. 14 Satisfy us  
in the morning with your unfailing  
love, that we may sing for joy and be glad  
all our days. 15 Make us glad for as many  
days as you have afflicted us, for as many  
years as we have seen trouble.***

***16 May your deeds be shown to your  
servants, your splendor to their children.***

***17 May the favor of the Lord our God rest  
on us; establish the work of our hands for  
us—yes, establish the work of our hands.***



# Moses' Prayer

## **For Wisdom, Compassion, Mercy, and Blessing.**

- *Teach us to number our days!  
Gain Wisdom! God's way.*
- *Have mercy and compassion on us. Give us  
your blessing. Satisfy us in the morning.  
Make us glad. Give us as many days of joy,  
of happiness. Grant us your favour, beauty,  
delightfulness. Even for our children.*
- *Make us useful. Do something worthwhile!  
Things that will last. Let your work appear!  
Do something with us that we can work for you.*



***How to live with our insecurity of mortality, iniquity, and inability looking forward to a good death?***

**Thanks be to God for NT!**

**Christ Our Salvation and Hope**

***The Power of Christ's Death, Resurrection, Ascension, and Return.***



# **Christ Our Salvation & Hope**



- **Christ's Resurrection for Our Insecurity**
- **Christ Death for Our Iniquity of Sin**
- **Christ's Ascension for Our Inability to live a Full Life**
- **Christ's Return for Our Hope of Heaven**



## **Live with Psalm 23**

### ***The Lord Our Great Shepherd***

#### **Live a Contented Life**

*The LORD is my shepherd,  
I shall not be in want.*

#### **Provides Direction & Guidance**

*He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he restores my soul. He guides me in  
paths of righteousness for his name's sake.*



# Our Great Shepherd

## Defend and Protection

*<sup>4</sup> Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

## Delight and Joy

*<sup>5</sup> You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.*

## Goodness and Love All the Days of life here and into heaven

*Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.*



# **Live & Dwell in Christ!**



- **Live in the Light of Eternity**
- **Liberate Ourselves from Sinful Living**
- **Labour for What is of Lasting Values**





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good fight, I have  
finished the race,  
I have kept the faith.*

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