



MIND
session page

Holy Terror

Psalm 90 | Session 10.41

Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- In many instances, the full meaning of a passage is hard to grasp from a single translation. Having a few different versions available may help the group understand and apply today's passage.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).

Context

Watch [this video](#) and ask:

- How did you feel when you were watching this video and why?
- What other kinds of experiences have reminded you of just how small we are in the grand expanse of creation?
- Why do you think we most often forget or choose to ignore this reality?

Content

Read Psalm 90, and watch the Bible Background Video before asking:

- What images or facts does the Psalmist use to show that God is eternal and all-powerful?
- In contrast, what images or facts does the Psalmist use to show that we human beings are limited and short-lived?
- Why do you think the Psalmist pairs God's vastness with God's anger against sin?
- If you consider this Psalm as three parts – verses 1-11, verse 12 as a pivot point, and verses 13-17, how would you characterize the tones of the two large sections?
- How might constant awareness of these realities consume us with fear or help us to live wisely?
- In verses 13-17, what does the Psalmist seem to be asking for?
- In what ways does our perspective and recognition of God's love and greatness change the way we live our lives?

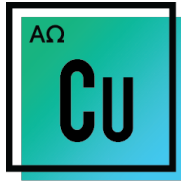
Closure

Continue by asking:

- How good are Christ-followers at recognizing that we are mortals serving an eternal God?
- Why is it important to remember both that we are limited and mortal, and that God is eternal and all-powerful?
- How might we find ways to “number our days” in light of God's greatness, so that we might live more wisely?
- What might increasing awareness of God's greatness in the face of a vast universe change in our society and how?

Close with prayer.

Writer: Jon Parks



CURRENT

session page

Holy Terror

Psalm 90 | Session 10.41

Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Thoroughly review all the referenced resources for this session in advance.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media)

Context

Share [this article about The Pope](#) and ask:

- Given that this Pope seems to be such a controversial individual, speaking in such troubled times, how do you interpret his remarks and why?
- What are some ways the Gospel has soothed your wounds or the wounds of someone you know?

- Remembering that the Pope said that "God speaks with the language of love, of care, of selfless service to those who are in need. And then hearts open up and miracles happen. In deserts, new life blooms.", where have you seen this either in your life, in the lives of others, or even in the world?
- What do you think the scriptures say about our place in the larger universe and why?

Content

Read Psalm 90, and watch the Bible Background Video before asking:

- Knowing that this passage has two parts how powerful God is and how we cannot hide, versus how much God loves us If you just read the first part, what kind of feelings are you left with and why?
- How do we cope with the life we have created for ourselves?
- What about God in the second part gives us hope?
- How does this passage possibly speak to despair, and what does this tell us about the person who wrote it?

Closure

Listen to "Survivor" by Zach Williams and remind the group that life can leave us battered and beaten...sometimes we make choices that do not help our situations. Ask:

- What are some of the poorest choices we've made (at least that we can talk about)?
- What sorts of times tend to hurt us most and why?
- For which stories of hard times faced by others do our hearts most go out, and why?

- What hope do we have to come out of such times when we are in them?
- What message we can share with others who face hard times, and how does awareness of our place in the universe, in light of God's, color such a message?

Close with a prayer.

Writers: Crystal Shepherd and Steve McClain



MYSTIC
session page

Holy Terror

Psalm 90 | Session 10.41

Before the Session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Encourage your group to listen to the FaithElement podcast ahead of the next session (Share the link via email or social media)
- Materials Needed: Small stones and permanent markers.

Context

Read Psalm 90, and watch the Bible Background Video before asking:

This is an exercise in creating tangible symbols for reflection and focus.

Reflection

Tell the group: *There is an Hasidic story about a Rabbi Simcha Bunam of Pzhysha who once said to his students, 'Everyone must have two pockets, so that he can reach into the one or the other, according to his needs. In his right pocket are to be the words, 'For my sake was the world created,' and in his left, 'I am but dust and ashes.' It is wisdom to know when you need which.*

Give each person a stones and a marker, and invite the group to contemplate their lives and the situations they encounter, beginning the time with some silence to give people time to think about the question below:

- Which of those sets of words do you need at this point in your life or in a particular situation?

Encourage everyone to write the phrase on a stone and contemplate the words and how they might apply to their life. Give everyone some time with God and the words, where they can share their thoughts and feelings with God and listen for God. When each person is finished, have them look up.

Invite volunteers to share their reflections with the group, then give each a second stone and have them write the phrase that is the pair of the first one they chose, so that each person has two stones for their own pockets.

Encourage further sharing by asking:

- What did you discover about God or yourself from taking part in this process?
- At what points in your life do you see these stones possibly being helpful?
- What are some things that we're all dealing with, where someone having these stones might help us all?
- What will you do to remember these two truths if you find yourself in a situation where the stones are not available?

Close in prayer.

Writer: Joy Yee



MEDIA
session page

Holy Terror

Psalm 90 | Session 10.41

Before the Session

- Have the Bible Background Video ready to view.
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).

Context

Play the King of the World movie clip and ask:

- What do you think it would be like to be on huge naval vessel and only being able to view water all around you?
- What would it be like to actually be king of the world?
- How small are we compared to the actual king of the world?
- In what ways does our awareness of our relative insignificance affect the way we live?

Content

Read Psalm 90, and watch the Bible Background Video before asking:

- What thoughts that Nikki had about this passage were most meaningful to you and why?
- How respectful does the psalmist sound about God?
- How long is "everlasting to everlasting" as we understand it?
- How does it make you feel to know that God is so powerful is the psalmist writes?
- What would it change if we could see our life pass slowly before us as sand in the hourglass?

Closure

Play the Wedding planning video and continue by asking:

- What is it about planning a wedding that can make people get so crazy?
- What would our lives be like if we could number our days with God's everlasting view in mind?
- How can we get as serious about our lives as the average soon-to-be bride about her wedding?
- In what ways might our worlds change if we or others lived as if they were fully aware of the passage of time and of God's greatness against the scale of the universe?
- How might our awareness of such things help us to better serve others?

Close in prayer.

Writer: Jon Self



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Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Provide some string and a ring of some sort for every two members of the group, and have something to use as a countdown timer. (See Context)
- Have the Bible Background Video ready to view.
- Listen to the FaithElement podcast for this session.

Intro

Play the Observable Universe clip and ask:

- How did this video make you feel about yourself and about humanity in general?
- After watching this video, how would you feel about someone who was boasting about their importance?
- Why is it important to keep proper perspective about how small we truly are?

Context

Play a game of Death Wink by having everyone sit in a circle. Secretly designate one person to be the one who winks by having everyone close their eyes and tapping the person who is to wink, or distributing cards designating who will be the winker. Without talking, everyone in the circle should look at the others in the circle. When they are ready, the winker will wink at someone, who should then proceed to have a very dramatic death, and continue doing this until everyone in the circle has died to win the game. If a someone thinks they know who the winker is, they can raise their hand but must not say a word. When two or more people have raised their hands, they can point at the same time to the person they suspect on the count of three. If they point to different people, both of them are eliminated from the game. If they both point to the same person, all three of them are dead. When the winker is eliminated from the game, the whole group wins. Play several rounds as time allows, then ask:

- How did you know who the winker was?
- Why did you get it wrong at times?
- How were you able to track what was going on?
- When do you get so distracted that you miss out on what God is doing?
- How can we get a proper perspective of the power of God in our lives?

Content

Read Psalms 90, and watch the Bible Background Video before asking:

- How would you describe the state of mind of the author of this Psalm?
- What does the author say about the comparisons between us and God?
- Why should we have a healthy fear of God according to the author?
- In what ways do we experience the wrath of God today?
- Why would God have wrath towards us if God loves us?

Closure

Play the Charlotte's Web clip and ask:

- What is it like to be present when someone you care about is at the end of their life?
- Why do you think most teenagers never think about their own mortality?
- At what points does it hit home with you that your days are indeed numbered?
- Knowing you can't live forever, what do you think your priorities should be while on this earth?
- Why do we waste so much time on unimportant things?
- How do we help other people focus on the things that most matter?

Close this session in prayer.

Writer: Don Breeden



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Before the Session

Facilitator: In advance of the session

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Context (From the Current Session Page)

Share this article about The Pope and ask:

- Given that this Pope seems to be such a controversial individual, speaking in such troubled times, how do you interpret his remarks and why?
- What are some ways the Gospel has soothed your wounds or the wounds of someone you know?

- Remembering that the Pope said that "God speaks with the language of love, of care, of selfless service to those who are in need. And then hearts open up and miracles happen. In deserts, new life blooms.", where have you seen this either in your life, in the lives of others, or even in the world?
- What do you think the scriptures say about our place in the larger universe and why?

Content (From the Mind Session Page)

Read Psalm 90, and watch the Bible Background Video before asking:

- What images or facts does the Psalmist use to show that God is eternal and all-powerful?
- In contrast, what images or facts does the Psalmist use to show that we human beings are limited and short-lived?
- Why do you think the Psalmist pairs God's vastness with God's anger against sin?
- If you consider this Psalm as three parts – verses 1-11, verse 12 as a pivot point, and verses 13-17, how would you characterize the tones of the two large sections?
- How might constant awareness of these realities consume us with fear or help us to live wisely?
- In verses 13-17, what does the Psalmist seem to be asking for?
- In what ways does our perspective and recognition of God's love and greatness change the way we live our lives?

Closure (From the Media Session Page)

Play the Wedding planning video and continue by asking:

- What is it about planning a wedding that can make people get so crazy?
- What would our lives be like if we could number our days with God's everlasting view in mind?
- How can we get as serious about our lives as the average soon-to-be bride about her wedding?
- In what ways might our worlds change if we or others lived as if they were fully aware of the passage of time and of God's greatness against the scale of the universe?
- How might our awareness of such things help us to better serve others?

Close in prayer.