

## Message: Psalm 90: The heart of wisdom

You are invited to join **our** daily spiritual empowerment live broadcast on Facebook from 5:00pm – 5:30pm, Wednesday's 22:00pm – 22:30pm, our weekly vigil every Saturday from 11:45pm- 12:15am and monthly vigil last day of the month from 11:45pm – 12:15am Irish time. For more information kindly visit us at [www.mfmregion4.org](http://www.mfmregion4.org)  
email: [contactus@mfmregion4.org](mailto:contactus@mfmregion4.org)  
Tel: +353 89 486 4413

### Hymn: Rock of ages

#### Psalm 90:1-17 KJV

Lord, thou hast been our dwelling place in all generations. [2] Before the mountains were brought forth, or ever thou hadst formed the earth and the world, even from everlasting to everlasting, thou art God. [3] Thou turnest man to destruction; and sayest, Return, ye children of men. [4] For a thousand years in thy sight are but as yesterday when it is past, and as a watch in the night. [5] Thou carriest them away as with a flood; they are as a sleep: in the morning they are like grass which groweth up. [6] In the morning it flourisheth, and groweth up; in the evening it is cut down, and withereth. [7] For we are consumed by thine anger, and by thy wrath are we troubled. [8] Thou hast set our iniquities before thee, our secret sins in the light of thy countenance. [9] For all our days are passed away in thy wrath: we spend our years as a tale that is told. [10] The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away. [11] Who knoweth the power of thine anger? even according to thy fear, so is thy wrath. [12] So teach us to number our days, that we may apply our hearts unto wisdom. [13] Return, O Lord, how long? and let it repent thee concerning thy servants. [14] O satisfy us early with thy mercy; that we may rejoice and be glad all our days. [15] Make us glad according to the days wherein thou hast afflicted us, and the years wherein we have seen evil. [16] Let thy work appear unto thy servants, and thy glory unto their children. [17] And let the beauty of the Lord our God be upon us: and establish thou the work of our hands upon us; yea, the work of our hands establish thou it.

This Psalm is to remind us that we are dust and shall return back to dust, it is also the scripture to open our understanding into the life that are days are numbered, this scripture is a wake up call for all souls that life on earth is not forever.

When you have the heart of wisdom, you will know that your says are numbered and when you know that your days are numbered you will

- Fear God
- Run from sin
- Do good always
- Not keep malice or harbour bitterness
- Love the Lord God
- Love your neighbour
- Keep yourself pure, blameless and holy
- Gentle and meek in spirit
- Flee from every appearances of evil
- You will be conscious of the day of death....

#### Prayer

1. Mighty and everlasting father I thank you for you alone is worthy to be praised accept my thanks in the name of Jesus.
2. Lord Jesus wash away all my sins and create in me a new heart in the name of Jesus.
3. Fill me afresh O lord with Holy Ghost and fire in the name of Jesus.
4. Teach us O lord to number our days that we may apply our hearts to wisdom in the name of Jesus.
5. I receive the wisdom of God to leave a Godly life in the name of Jesus
6. Help me O lord to live a life pleasing to you in the name of Jesus
7. I receive the Grace to finish well in the name of Jesus
8. Help me O lord not to waste my life but to make impact in my generation in the name of Jesus
9. O God my father show me the vision of the end of age in the name of Jesus.
10. O lord God keep me focussed on my heavenly home all the days of my life in the name of Jesus