

satisfy us in the morning
with your unfailing love,
that we may sing for joy
and be glad all our days

PSALM 90:14



Lumin Notes

CUT ALONG THE DOTTED LINES
 PACK IN LUNCHBOXES
 HIDE FOR A STRANGER
 STASH IN A BRIEFCASE
 HAND TO A LOVED ONE
 GIVE TO A FRIEND IN NEED
 SHARE THE LOVE, SPREAD HIS TRUTH
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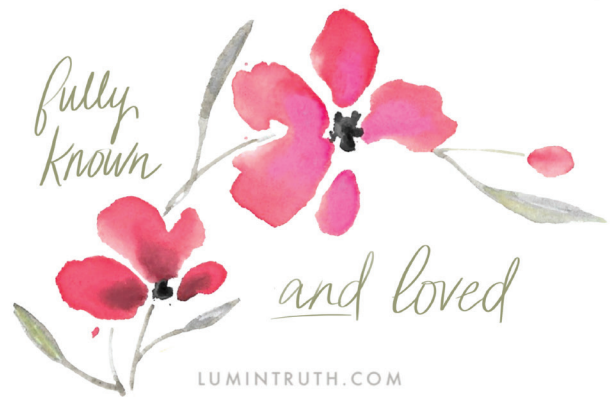
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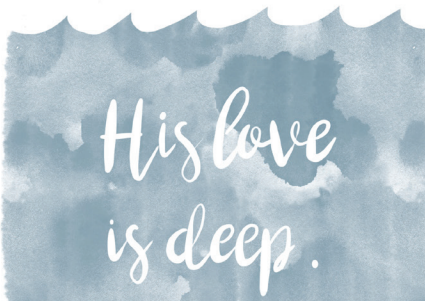
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Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.

Psalm 90:14

Psalm 90 was written by Moses as a prayer to God. To fully understand this Psalm and our verse for the month, let's turn our attention to Moses. Moses was chosen and called by God to lead God's people, the Israelites, out of Egypt where they had been enslaved. But because of their sin and faithlessness, God had them wander the wilderness for 40 years before allowing them to enter into the promised land. They whined and complained to Moses to go back to Egypt where they thought life was easier instead of believing God's promises to them. During this time in the wilderness God never left or abandoned His people. One of the beautiful and visible signs God showed the Israelites was through the gift of manna, bread from heaven, that showed up every morning. God was showing them favor because of His unfailing love for them. Moses experienced this tangible love and favor of God for himself with the manna in the morning.

Our verse this month is pulled out of Moses' prayer in Psalm 90 where he is wandering the wilderness and eating the manna. Here he is asking the Lord that they would be satisfied by His unfailing love and that because of this love they would sing for joy and be glad all their days. Their days during the time of Moses and the wilderness were hard. They even knew that the generation that came out of Egypt was going to die in the wilderness because God told them (Numbers 26:65). No wonder they were complaining and discouraged about their current circumstance.

What do we learn about God in this verse? God satisfies us, He wants us to know His unfailing love, and He wants us to sing for joy and be glad in our circumstances because of His unfailing love. But also, He wants us to ASK Him for this through prayer. Moses is praying and asking the Lord for this for himself and the Israelites. Let this be an example to us if we don't know what to pray or ask for in the morning.

Why the morning? The manna came in the morning. His mercies are new in the morning (Lamentations 3:23). The morning brings us word of His unfailing love (Psalm 143:8). And Jesus got up before daybreak and would pray in the morning (Mark 1:35). There is no better time than the morning to be with God, to lay your requests before him (Psalm 5:3) and allow His presence, unfailing love, and joy to flow into the rest of your day. This psalm gives you God's words to pray for His love and for satisfaction in Him alone.

Let's pray. Father, we know that you alone satisfy our hearts and give us true joy, so we ask that you will satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days. Remind us in this day how much we are loved by you and open our eyes to see it and believe it.

In Jesus' name we ask this. ...amen!



DISCUSSION QUESTIONS

● ○ ○ FOR MOM

As a mom, I know that mornings are busy with lots of demands from little ones. But this verse is only a sentence and it's also a prayer! You can give God your morning attention by posting this verse on your mirror and praying as you brush your teeth or wash your face.

How have you experienced God's unfailing love in the past? What did that look like?

● ● ○ FOR KIDS

Have you ever been so happy you've sang a song out of joy? What does that feel like in your heart? Do you know God wants you to sing for joy? Ask God to make your heart so happy with His love that you sing for joy!



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LUMIN | Truth Illuminated
Psalms 119:130 The unfolding of your words give light - it gives understanding to the simple. God's word providing light in our lives. His words iLUMINating truth in our hearts.

HIS WORDS | YOUR HEART

● ○ ○

● ● ○

FOR MOM

FOR KIDS



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