

**Specific Questions: Text: Psalm 90**

1. Have you had what you would consider a “mountain top experience” spiritually? What was it, how was it significant?
2. In what ways does that experience shape your life today?
3. How do verses 3-11 inform or shape your prayer life?
4. Pick 1 point in the list of “Focused Prayer” (v12-17). Which holds the most significance for you today? Why?
5. Have you had a “Mt. Nebo” experience? i.e. a moment you didn't live up to God's expectations? How do you move beyond that in faith?

**GENERAL QUESTIONS:**

1. What new concept did you learn from this week's text?
2. Is there anything in the text that you don't understand?
3. How does this text challenge you to change? Is there anything standing in your way of making that change?