

**Sermon Notes**  
**Lord, Teach Us to Pray and Why**  
**Psalm 90**

Psalm 90 is a prayer of Moses that teaches us to pray in a way many have never learned; pray for God to increase your joy.

Here are 5 reasons it is right, telling us we should pray this way:

- 1) The psalmists prayed this way inspired by the \_\_\_\_\_.  
See examples in Psalm 4:6-7, 5:11-12, 40:16, 51:12, 90:14-15.
- 2) The Apostle Paul prayed for believers this way in Romans 15:13.  
"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may \_\_\_\_\_ in hope."
- 3) Jesus said this is why He came to save us in John 15:11.  
"These things I have spoken to you, that my joy may be in you, and that your joy may be \_\_\_\_\_."
- 4) This is how Jesus prayed for us in John 17:13.  
"I kept them in your name, which you have given me. I have guarded them, and not one of them has been lost...that they may have my joy \_\_\_\_\_ in themselves."
- 5) Jesus taught his followers to pray this way in John 16:23-24.  
"Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you...ask, and you will receive, that your joy may be \_\_\_\_\_."

Why did Moses pray for God to increase his joy? Moses prayed honestly about his sadness over truly troubling things. The likely background for this prayer is Numbers 20 and these sad events.

- >The death of Moses' sister \_\_\_\_\_. Numbers 20:1
- >The death of Moses' brother \_\_\_\_\_. Numbers 20:2-13
- >Moses' \_\_\_\_\_ and his sad consequences. Numbers 20:22-29
- >None of them would enter the promised land.

Listen to the honest prayer about Moses' sadness and ours:

- Verse 3 You return man to \_\_\_\_\_.
- Verse 5 You \_\_\_\_\_ them away as with a flood; they are like a dream.
- Verse 10 The years of our life are...\_\_\_\_\_ and trouble...

How are we to pray for God to increase our joy? In prayerful dependence on God...

- 1) Hold fast to Him as your \_\_\_\_\_ and let go of this present world. (v.1)
- 2) Hold fast to Him, the \_\_\_\_\_ supply and let go of your temporary supply. (v.2)
- 3) Hold fast to His \_\_\_\_\_ love asking Him to make you satisfied with it and stop looking for satisfaction in other things. (v.14)
- 4) Ask Him to \_\_\_\_\_ you glad and rejoice in His love. (v.14-15)

Next steps for your prayer life this week:

1. Memorize a psalm about renewing your joy and pray it daily.
2. Meet with a couple believers and pray for renewed joy together.
3. Pray for renewed joy in those on your prayer list.