



Photo: Our Daily Bread

IN GOD'S LOVING HANDS

Before the mountains were born . . . from everlasting to everlasting you are God.

Psalm 90:2

READ Psalm 90:1-6

After another health setback, I feared the unknown and uncontrollable. One day, while reading a Forbes magazine article, I learned that scientists studied the rising of the “Earth’s rotation velocity” and declared that the Earth “wobbled” and is “spinning faster.” They said we “could require the first-ever ‘drop second’—the official removal of a second from global time.” Though a second doesn’t seem like much of a loss, knowing that the Earth’s rotation could change seemed like a big deal to me. Even slight instability can make my faith feel wobbly. However, knowing God is in control helps me to trust Him no matter how scary our unknowns or how shaky our circumstances may seem.

In Psalm 90, Moses said, “Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God” (v. 2). Acknowledging God’s unlimited power, control, and authority over all creation, Moses declared that time cannot constrain God (vv. 3–6).

As we seek to know more about God and the wonderful world He made, we’ll discover how He continues perfectly managing time and all He created. God can be trusted with every unknown and newly discovered thing in our lives too. All creation remains secure in God’s loving hands.

By **Xochitl Dixon**

PRAY & REFLECT

Unchanging Creator, thank You for securing every second of my life in Your trustworthy hands. Amen

How does knowing God is in control of time and all creation help you trust Him when facing the unknown? How can you honor God with the time He’s entrusted to you today?

SCRIPTURE INSIGHT

The book of Psalms is the hymnbook and prayer book of Jews and believers in Jesus. The Hebrew title is *Tehillim*, which means “praise songs.” The 150 songs were composed and compiled by numerous authors over a period of nearly one thousand years. Authors include Moses, David, Asaph, the sons of Korah, Heman, Solomon, and Ethan. But 48 psalms are by unnamed authors.

The superscription of Psalm 90 says it’s “A prayer of Moses the man of God.” This esteemed title is also used of Moses in Deuteronomy 33:1 and Joshua 14:6. Psalm 90 is the only psalm attributed to Moses, which makes it the oldest of the 150 psalms. Scholars believe that Moses had the forty years of wilderness wandering as the backdrop for this psalm. Contrasting the eternity of God (vv. 1-2) with the transience of human life (vv. 3-12), Moses reminds us of the mercy and compassion of God for sinful human beings (vv. 13-17). – By **Bill Crowder**

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