

October 25, 2026

Counting is one of the first things we learn in school and follows us throughout our lives. We learn to count fingers, to count time, to count money, and to count things in nature. And very quickly, we become quite good at it and can count anything. In this Psalm, God asks us to number our days, to count and appoint them, so that we might gain wisdom. It is the counting of God's blessing and provision in each day. It is a conscious awareness that life is sacred and requires complete trust in our Maker.

In Psalm 90, the Israelites had just been sentenced to walk in the desert for the rest of their days, and I would guess some of them were not very eager to count their days. But He wanted them to assign each day to watch for the eternity of God's plan and the reality of man's frailty.

It's easier to look forward to the exciting and fun days of our lives, but God calls us to look for Him in the mundane and hard days too. As He taught His disciples to pray, "Give us this day our daily bread," so we, too, are to look for the ways in which He is providing for our daily needs. This is what brings true wisdom in life. It's the teaching of our hearts to know and experience God's goodness.

To look outside and see all the ways in nature that God physically provides. To look within our houses and count all the ways God has given life to our families and us. To look in His Word and count the numerous times He tells us of God's salvation plan, making a way to know Him. So we count and count and count.

The counting never ends, but it's not stagnant or frustrating; it is a joy-bringing, wisdom-making, and testimony-building kind of counting. It turns our hearts back to the reason for living, like it says in 2 Corinthians 5:14-15, "For the love of Christ controls us, because we have concluded this; that one has died for all, therefore all have died; and He died for all, that those who live might no longer live for themselves but for Him who for their sake died and was raised."

What a joy it is to be His child and daily count the ways His goodness flows into our lives!

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