



Psalm 90

Pastor | Tim Prince

August 31, 2025

Helping people live a gospel inspired life.

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SERMON NOTES

[illegible]This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

OUR MISSION is to make more and better disciples of Jesus Christ.

THIS WEEK'S MEMORY VERSE (Year 1, Week 36)

Romans 8:5-6 (Gospel)

5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

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SERMON GUIDE

STARVING OUR SOULS - DISTRACTION, DOPAMINE, DECEIT AND DISCIPLESHIP

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The Conversation Guide is a great tool for individuals, families, discipleship groups and Missional Communities to take a deeper, more personal dive into the content of the current sermon series. The Conversation Guide will be posted by every Friday on the 'live' page of our website and in our weekly newsletter. We encourage you to use it this week on your own, around your dinner tables, over coffee with your friends or in your faith groups!

The Conversation Guide is built on the SOAP model, which is a tool you can use when reading the Bible. SOAP helps you be intentional about paying attention to:

Scripture that stands out to you while you read

Observations about the verse or phrases that stood out to you

Application that connect the verses to your real life and relationships

Pray that invites God to participate in your life and provide power to follow him

Conversation Questions

Setting The Table: Our phones offer endless entertainment, instant information, and constant connection—but they can also quietly starve our souls. The constant pull toward distraction, the dopamine rush of notifications, and the deceit of thinking we always need “just one more scroll” can keep us from the deeper joy of discipleship. Psalm 90 reminds us of the brevity of life and calls us to live with wisdom, purpose, and dependence on God. In a world that constantly tugs our attention away from Him, this psalm invites us to lift our eyes from the screen and fix them on eternity.

Read Psalm 90

- S** What do you love most about what you just read? What verses, phrases, or words stand out to you as you read these scriptures? Is anything jumping off the page and affecting your spirit?
- O** In Psalm 90, how does Moses describe the contrast between God's eternal nature and our short, fragile lives? Why would remembering this help to create wisdom in our lives? How do our screens fight against this?
- O** What does verse 12 mean when it says to “number our days,” and why is this connected to gaining a heart of wisdom?
- O** How does the psalmist describe the satisfaction and joy that come from God's presence in verses 14–17? How is this different than the dopamine hits that we get from our phones?
- A** If God had written these passages just for you, what words, phrases or ideas would he have underlined specifically for you? What did you need to hear most? Why?
- A** Our challenge this week is to not pick up our phones until we've done three things: opened God's word, spent time in prayer, and stepped outside. Have you tried it yet? How it is impacting your soul? What are you noticing in yourself?
- P** Talk to God about your application responses above. Ask him to speak to you, help you, forgive you, and provide direction that you need.