

FINDING REFUGE IN GOD

Text: Psalm 90

What to do when discouraged by hardship and loss

Corrie Ten Boom: "When a train goes through a tunnel and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the engineer."

- a. Sometimes in life it feels like we're in a dark tunnel, looking for any light or hope
- b. Moses had mountain top experiences but also the valley of the shadow of death
- c. Let's learn from a prayer of Moses how to handle these difficult times

1. PRAYER: Go to God in Prayer (v.1-6)

A. ONLY GOD IS OUR ETERNAL REFUGE (v.1-2)

1. **Everything Begins and Ends With God**

2. **He is Our Creator—Our Redeemer / Our Dwelling Place—Our Refuge**

a) Heb. מַעֲן (mā·'ôn): [#4583] Means: A dwelling place of rest and safety from danger.

3. **We tend to Seek Refuge and Safety in Temporary things that cannot last...**

a) Like Money, or Careers or Possession or Relationships...

B. ONLY GOD IS FROM EVERLASTING TO EVERLASTING (v.3-4)

1. **He Has No Beginning of Days, Nor End of Days—He is the Ancient of Days**

2. **He created Time and Space — But He is Outside of Time and Space**

3. **He is Self-Existent Eternal and Transcendent — Far Above All Things**

C. OUR LIVES ARE IN HIS HANDS (v.5-6)

1. **In terms of eternity—our entire lifetime is like a grain of sand**

a) Moses was over 80 years old when he wrote this...

b) He spent 40 years in Egypt / 40 yrs herding goats in Midian / 40 yrs in Wilderness

2. **Even if You Lived a 1,000 years—it would only be like a single day to God!**

a) So Our Lives Are in His Hands... You are created in His image...

b) Your Soul is from God — and will return to God...

3. **NOTICE: Moses is Praying to God Personally...**

a) God Knows You Personally— and Wants To Hear From You Personally!

b) "casting all your anxieties upon Him, for He cares for you." (1 Pet 5:7)

2. CONFESION: Be Honest About Your Sin & Weakness (7-8)

A. GOD IS NOT ONLY ETERNAL—HE IS HOLY (v.7)

1. **The wrath of God emanates from the perfect Holiness of God...**

a) Moses knew of the Holy Wrath of God — While Moses was on Mt Sinai God told him to go down off the mountain because the people were worshipping a golden calf

b) God was going to destroy them in His wrath and start over with Moses

c) But Moses interceded on behalf of the people and God relented...

d) but a line was drawn in the sand — and Moses made the people choose sides...

e) 3,000 people were killed before the day was over (Exodus 32)

B. GOD IS NOT ONLY HOLY—HE IS ALL KNOWING (v.8)

- 1. God is not limited by Time or Space—Nothing is hidden from His sight**
 - a) He knows the end from the beginning — He knows all things in real-time
- 2. The Bible says Moses was the most humble man on earth...**
 - a) He was a man of God, a Prophet of God, a Law Giver and Leader
- 3. But even Moses' patience was driven to the breaking point...**
 - a) He became so frustrated by the complaining and lack of faith of the people...
he struck the rock in anger and sinned against God.
 - b) and because of that Moses was told he could not enter the promised land

C. SIN IS THE ONE THING THAT SEPARATES US FROM OUR HOLY GOD

- 1. Not Time, Not Distance, Not Death — but SIN**
- 2. So Confessing our sin to Him is Critical (1 John 1:8-9)**
- 3. But it requires humble honesty with yourself and with God**

3. REALIZATION: Understand How Frail and Short Life Is (9-11)

A. OUR DAYS PASS AWAY

- 1. We live in a world broken by sin, suffering and death...**
and we all wrestle with the suffering and hardships of life.
- 2. Consider what Moses experienced in the Wilderness...**
 - a) It is estimated between 1-2 Million Israelites left Egypt & crossed the Red Sea
 - b) But because of the hardness of their hearts, they wandered 40 yrs in the wilderness
 - c) Until an entire generation died who were not allowed into the Promised land.
- 3. So there could've been up to 1,000 deaths a day in the wilderness—**
imagine the heartache and sorrow that would cause.

B. THE DAYS OF OUR LIVES

The days of our lives are seventy years; And if by reason of strength they are eighty years.

- 1. Death is a physical and spiritual boundary placed in the created universe**
 - a) When Adam and Eve fell to temptation and sinned they were cast out of the Garden
 - b) God Covered their Shame—but also blocked access to the tree of life...
- 2. Otherwise they would have lived forever in their sinful state (Gen 3:21–22)**
 - a) And every generation of sinful men would still be alive today...
 - b) Every Dictator, every murderer, every caesar, every psycho-path or mass murderer,
 - c) Centuries of Super-Max Prisons Released into Society—creating a Prison Planet
- 3. There was a time before the flood when people lived hundreds of years**
 - a) But God shortened the lifespan of mankind and i've often wondered why.
 - b) The time before the flood became so violent, it grieved God that He even made man
 - c) Did He shorten the lifespan to limit corruption & destruction men cause in a lifetime?
 - d) Or maybe God was being compassionate—by Limiting the amount of suffering we would experience in a lifetime—and to bring us home to Him sooner!

C. SOON WE FLY AWAY

- 1. When we truly understand how limited our time on earth really is—**
 - a) It can give us a proper perspective of the Life God wants us to Live
- 2. We don't have enough Time to Hold Grudges, or Refuse to Forgive...**
 - a) We don't have enough time for Envy, or Jealousy or Gossip...
 - b) Or to refuse to say sorry... or give the silent treatment... or nurse our anger
- 3. Time is too short—We need to Get Over Ourselves—learn to love & forgive!**

4. REQUEST: Ask God for His Mercy and Help (12-17)

A. PRAY FOR WISDOM (v.12)

- 1. What does Moses mean?**

—This is not just checking off days on a calendar—But asking God to teach us to live wisely and make the most of our time on earth.

 - a) Have you ever spent time with an incessant complainer?
—Imagine a million complainers!
 - b) Their faith was so weak — Nothing was ever good enough for them
 - c) They Got Tired of the Manna — and cried b/c they missed the Cucumbers in Egypt!
- 2. Don't Waste Your Life Complaining!**
 - a) Stop Complaining and Start PRAYING
 - b) Stop Discouraging People and Start ENCOURAGING People
- 3. Live Your Life With Faith — and Give the glory to God!**

B. PRAY FOR MERCY AND FORGIVENESS (v.13-14)

- 1. Moses was a man of God, a prophet, a law-giver and leader—
—but even Moses needed forgiveness of his sins**
- 2. Your conscience was given to you by God for a Reason...**
 - a) Going to God and humbly asking for forgiveness is the only way we can find healing and peace (*Psalm 32:3–7 NIV*)

C. PRAY FOR JOY AND GLADNESS (v.15-16)

- 1. Living in a world broken by sin, suffering and death burdens our hearts**
 - a) We feel the weight of the world on our shoulders...
—and the sorrows of the world on our heart.
- 2. The Harvard Grant study is the longest running study in US History...**
 - a) for 80 yrs. this study has tried to find out what makes people truly happy.
 - b) It was not money, or careers, or status, or alcohol or prestige or pleasure...
 - c) Happiness is from life-long loving relationships.
 - d) How Interesting—because the greatest and most important relationship is with God
- 3. True joy is only found in a right relationship with God.**
 - a) The joy of salvation. You cannot find it anywhere else!

“You have made us for Thyself, O Lord, and our hearts are restless until they find rest in You”
(Augustine)

D. PRAY FOR GOD TO TAKE WHAT IS BROKEN

AND MAKE IT BEAUTIFUL AGAIN (v.17)

- 1. Spending 40 years in wilderness—Moses saw the wasted years...**
 - a) Even Moses had to wander 40 years along with all the other Israelites
 - b) So did Joshua and Caleb—and it wasn't even their own fault!
- 2. But Even Moses couldn't go back and undo the past—
And you and I cannot change the Past either!**
 - a) I can't go back and undo every sin, every Regret, every mistake I've made in 40 yrs
- 3. We can't change the past—BUT by God's Grace we can change the future**
- 4. Moses never made it to the Promise Land—he died on Mt. Nebo...
But 2,000 Years Later—We see him again! (Luke 9:28–31; 34-36)**
- 5. God can take what is broken and make it beautiful again!**
 - a) This was the Plan from Before Time Began!
 - b) This is Why the Creator of Time and Space—Entered Time and Space
 - c) This is Why Jesus Went to the Cross for our Sins!
And Rose from the Dead so we can have eternal life!

CONCLUSION:

- 1. Just Like Moses, just like Elijah—we will be changed (1 John 3:1-2)**
- 2. God can take what is broken and make it beautiful again**
- 3. By Being Born Again in Baptism—Raised a New Creation in Christ**
- 4. Christians are not Perfect—But We Are Forgiven!**

—Bill Turner 2/2025