

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
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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. מְנוּחָה (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)*
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2. CONFESSION: 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**
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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!**
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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 Waist 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