

90.2 GOOD DIRECTIONS FOR TRAVELLING THROUGH THE WILDERNESS OF THIS LIFE (pt.2): Psalm 90:12-17

INTRODUCTION. Beloved brothers and sisters in Christ, friends and visitors, As you travel through the wilderness of this life,

I. IT IS GOOD TO COMFORT YOURSELF WITH BOTH GOD'S LOVE AND HIS ETERNALITY (Psalm 90:1-2).

II. IT IS GOOD TO HUMBLE YOURSELF WITH YOUR OWN FRAILTY (Psalm 90:3-6).

III. IT IS GOOD TO SUBMIT YOURSELF UNDER GOD'S ROD (Psalm 90:7-11).

BOYS AND GIRLS, [recap].

CON(TEXT). A Prayer of Moses, the man of God.

- **HENRY.** “[This Psalm] is very applicable to the frailty of human life in general, and, in singing it, we may easily apply it to the years of our passage through the wilderness of this world. . .”

DOCTRINE. As Christians travel through the wilderness of this life, they need comfort, humility, submission, and prayer.

As you travel through the wilderness of this life,

IV. IT IS GOOD TO THROW YOURSELF AT GOD'S FEET (Psalm 90:12-17). **By which I mean humbly ask God for things in prayer*

BOYS AND GIRLS, have you ever thrown yourself down at someone's feet to ask them for something? That is a humbling posture and that is a picture of prayer.

Prayer is more than asking God for things, but it is not less. Your prayers should be filled with confession, adoration, exultation, and thanksgiving, yet they must also be seasoned with supplications and petitions.

**Supplication = pleading. Petition = a formal request or appeal.*

Matthew 7:7 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”

Matthew 21:22 “Whatever you ask in prayer, you will receive, if you have faith.”

Romans 1:9-10 "9 For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I mention you 10 always in my prayers, asking that somehow by God's will I may now at last succeed in coming to you."

Colossians 1:9 "From the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding. . ."

James 1:5 "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."

James 4:2-3 "2 You do not have, because you do not ask. 3 You ask and do not receive, because you ask wrongly, to spend it on your passions."

1 John 5:15-16 "14 And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. 15 And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him."

Ephesians 6:18 "[Pray] at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints. . ."

1 Timothy 2:1 "I urge that supplications, prayers, intercessions, and thanksgivings be made for all people. . ."

Philippians 4:6 "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Your prayers should be filled with confession, adoration, exultation, and thanksgiving, yet they must also be seasoned with supplications and petitions.

Yet your petitions should not be made standing on your own merits; your petitions must be offered up in the name of Christ—as in, for Christ's sake hear my prayers and answer yes!

Because who Christ is for me and what He has done for me I come to you, not in my own name but in His name.

- This is what it means to pray in the name of Jesus. It is not a spell or incantation like many today use it.

It is faith humbling depending on Christ's righteousness, not my own. On Christ's death, not my life. On Christ's resurrection, not any power that I possess.

BOYS AND GIRLS, you should ask God for things in prayer. And you should always ask in the name of Jesus, not in your own name or the name of anyone else.

OUTLINE. If we learn rightly from this Psalm, there are seven specific petitions we should notice.

Throw yourself at God's feet, and in the name of Jesus Christ,

I) Petition the Lord to teach you to know that you have one life that will soon be past (Psalm 90:12).

Psalm 90:12 "So teach us to number our days that we may get a heart of wisdom."

JOHN TRAPP. "This is hard to do, but must be done; or men are undone for ever. To live with dying thoughts is the way to die with living comforts." —
Trapp, John. John Trapp's Complete Bible Commentary (pp. 7011-7012). Kindle Edition.

USE FOR SOBERING / AWAKENING

You are going to die and stand before Christ, the Judge.

Everyone you have ever known is going to die and stand before Christ, the Judge.
This life is like a vapor.

— **C.T. STUDD:**

"Only one life, 'twill soon be past; only what's done for Christ will last."

USE FOR EXAMINATION / TRIAL

Q. What have you been putting off doing that you know you need to do? What have you not started that you know needs started? What have you not finished that you know needs finishing?

USE FOR EXHORTATION / DIRECTION

Christians, you have a good Father, a sufficient Savior in Christ, and a powerful advocate in the Spirit. Get after what ever you know you should get after. You have one life. Live it, fearlessly and courageously, for the good of others and the glory of God!

USE FOR COMFORT / ENCOURAGEMENT

Christians, you are going to die and be with Christ, the Redeemer.

(i) Your sins, sufferings, and sadness will forever disappear and be replaced with holiness, health, and happiness.

1 Peter 5:10 "And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you."

(ii) You will reign with Christ.

Revelation 5:9-10 "By [His] blood [Christ] ransomed people for God from every tribe and language and people and nation, and [He has] made them

a kingdom and priests to our God, and they shall reign on the earth."

***GOSPEL**

BOYS AND GIRLS, you and I only get one life. Use it for Christ and His kingdom and you will never regret it.

Petition the Lord to teach you to know that you have one life that will soon be past (Psalm 90:12). **Psalm 90:12** "So teach us to number our days that we may get a heart of wisdom."

Throw yourself at God's feet, and in the name of Jesus Christ,

II) Petition the Lord to have pity on His people and revive them with His presence (Psalm 90:13).

Psalm 90:13 "Return, O LORD! How long? Have pity on your servants!"

- **PLUMER.** "In our afflictions we should be especially and chiefly concerned to secure the forgiveness of sin, and plead that God may be pacified towards us, verse 13. If he is propitious, all is well." — **Plumer, William Swan. Studies in the Book of Psalms (p. 1525). Counted Faithful. Kindle Edition.**

Throw yourself at God's feet, and in the name of Jesus Christ,

III) Petition the Lord to satisfy His people with His love (Psalm 90:14).

Psalm 90:14 "Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days."

- **Here is another reason for daily Family Worship.**

Every one of us needs to be reminded of God's gospel every single day and respond with rejoicing and gladness.

APPLICATION. Fathers, lead. Wives, help. Children, follow. Boys, learn how to one day lead. Girls, learn how to one day help. ***COME TALK TO ME IF AND I WILL HELP YOU WITH FAMILY WORSHIP.**

Throw yourself at God's feet, and in the name of Jesus Christ,

IV) Petition the Lord to make His people glad (Psalm 90:15).

Psalm 90:15 "Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil."

- **PLUMER.** "It is an admirable arrangement on the part of God that ordinarily evil precedes good, and humiliation goes before honour, verse

15. It is good that a man bear the yoke in his youth, and not in his riper years. It would be sad to see our old men and women learning the lessons of childhood, when they ought to be teaching lessons of piety and patience. Our light affliction worketh glory. When days of trial are to be followed by an eternity of joy, the prospect may well sustain and cheer us." — **Plumer, William Swan. Studies in the Book of Psalms (pp. 1525-1526). Counted Faithful. Kindle Edition.**

Throw yourself at God's feet, and in the name of Jesus Christ,

V) Petition the Lord to do great things for His people and their children (Psalm 90:16).

Psalm 90:16 "Let your work be shown to your servants, and your glorious power to their children."

Throw yourself at God's feet, and in the name of Jesus Christ,

VI) Petition the Lord to rest His favor upon His people (Psalm 90:17a).

Psalm 90:17a "Let the favor of the LORD our God be upon us,"

If Christ's favor rests upon us, it does not matter whose wrath is besieged against us, believers. If the Truth is who we are bowing to, we need not fear any lies.

BOYS AND GIRLS, If Jesus smiles at you it does not matter who frowns.

Throw yourself at God's feet, and in the name of Jesus Christ,

VII) Petition the Lord to establish the work of His peoples' hands (Psalm 90:17b).

Psalm 90:17b "and establish the work of our hands upon us; yes, establish the work of our hands!"

- **Husbands and Fathers**, as you seek to provide for and protect your family both spiritually and physically as the covenant head. Men, as you seek to build wealth and leave your children an inheritance. Men, as you seek to make disciples in your households and beyond. **"May the Lord establish the work of your hands!"**
- **Wives and Mothers**, as you seek to nourish and build up your family both spiritually and physically as your husband's helpmate. Wives and mothers, as you seek to assist your husband in training up your children in the discipline and instruction of the Lord. Wives and mothers, as you "train the young women to love their husbands and children, to be self-

controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled" (**Titus 2:4-5**), "May the Lord establish the work of your hands!"

- **Boys**, as you are being trained in knowledge and wisdom and skill, so that you can one day faithfully protect and provide for your family both spiritually and physically, "May the Lord establish the work of your hands!"
- **Girls**, as you are being trained in knowledge and wisdom and skill, so that you can one day faithfully submit to your husband, be a holy helpmate, and a nourishing and training mother, both spiritually and physically, "May the Lord establish the work of your hands!"
- **Christians**, as you labor in your lawful vocations, serving Christ and doing good for your neighbor, "May the Lord establish the work of your hands!"
 - **Christians**, as you work out your own salvation with fear and trembling, "May the Lord establish the work of your hands!"
 - **Christians**, as you evangelize the lost, "May the Lord establish the work of your hands!"
 - **Christians**, as you disciple the saved, "May the Lord establish the work of your hands!"
 - **Christians**, as you labor to kill your indwelling sin, "May the Lord establish the work of your hands!"
 - **Christians**, as you study the Scriptures to grow in the knowledge and wisdom of God, "May the Lord establish the work of your hands!"
 - **Christians**, as you take dominion in obedience to the Creation Mandate, "May the Lord establish the work of your hands!"
 - **Christians**, as you make disciples until the glory of the Lord covers the earth as the waters cover the sea, "May the Lord establish the work of your hands!"

PURITAN QUOTES

Puritans quotes on Prayer

- "Prayer is a sincere, sensible, affectionate pouring out of the soul to God,

through Christ, in the strength and assistance of the Spirit, for such things as God hath promised." — John Bunyan, *A Discourse Touching Prayer*. London: Nathaniel Ponder, 1662. Pg. 5.

- "Prayer is the key of the morning and the bolt of the night." — Thomas Watson, *A Body of Divinity*. London: Thomas Parkhurst, 1692. Pg. 257.
- "A godly man is a praying man. As soon as grace is poured in, prayer is poured out." — Thomas Watson, *The Godly Man's Picture*. London: Thomas Parkhurst, 1666. Pg. 34.
- "Prayer is the breath of the new creature." — Richard Sibbes, *The Works of Richard Sibbes*. Edinburgh: James Nichol, 1862. Vol. 1. Pg. 67.
- "Prayer is the soul's converse with God; it is the key that opens heaven." — William Gurnall, *The Christian in Complete Armour*. London: J. F. Dove, 1821. Vol. 1. Pg. 89.
- "Without prayer, the soul is like a ship without a pilot, driven by the winds of temptation." — John Flavel, *The Whole Works of John Flavel*. London: W. Baynes and Son, 1820. Vol. 2. Pg. 143.
- "Prayer is the Christian's vital breath, the Christian's native air." — Thomas Brooks, *The Privy Key of Heaven*. London: John Hancock, 1665. Pg. 12.
- "If you would keep your heart in a praying frame, you must keep it in a holy frame." — Thomas Brooks, *The Privy Key of Heaven*. London: John Hancock, 1665. Pg. 45.
- "Prayer is the conduit-pipe between heaven and earth, whereby all our graces are increased." — Richard Baxter, *The Practical Works of Richard Baxter*. London: George Virtue, 1830. Vol. 3. Pg. 216.
- "A man may as well live without breathing, as live without praying." — Richard Baxter, *The Practical Works of Richard Baxter*. London: George Virtue, 1830. Vol. 4. Pg. 321.
- "Prayer is the soul's ascent to God; without it, we cannot climb to heaven." — John Owen, *The Works of John Owen*. Edinburgh: Johnstone & Hunter, 1850. Vol. 7. Pg. 298.
- "The neglect of prayer is the neglect of God Himself, for it is by prayer we meet Him." — John Owen, *The Works of John Owen*. Edinburgh: Johnstone & Hunter, 1850. Vol. 4. Pg. 112.
- "Prayer is the first thing, the second thing, and the third thing necessary for a Christian." — Samuel Rutherford, *The Letters of Samuel Rutherford*. Edinburgh: William Whyte, 1848. Pg. 156.
- "Without prayer, no work is well done, no truth is well learned, no grace is well improved." — Samuel Rutherford, *The Letters of Samuel Rutherford*. Edinburgh: William Whyte, 1848. Pg. 201.
- "Prayer is the soul's weapon, whereby it fights the good fight of faith." —

William Perkins, *A Godly and Learned Exposition of Christ's Sermon in the Mount*. Cambridge: John Legate, 1608. Pg. 92.

- "The Christian that neglects prayer is like a soldier that leaves his armor behind." — William Gurnall, *The Christian in Complete Armour*. London: J. F. Dove, 1821. Vol. 2. Pg. 104.
- "Prayer is the chief exercise of faith, and without it, faith is dead." — John Flavel, *The Whole Works of John Flavel*. London: W. Baynes and Son, 1820. Vol. 3. Pg. 256.
- "To live without prayer is to live without God, for prayer is the soul's communion with Him." — Thomas Manton, *The Works of Thomas Manton*. London: James Nisbet, 1870. Vol. 5. Pg. 87.
- "Prayer is the ladder by which we climb to God, and without it, we remain earthbound." — Thomas Manton, *The Works of Thomas Manton*. London: James Nisbet, 1870. Vol. 6. Pg. 143.
- "A Christian without prayer is like a body without a soul; it is but a lifeless carcass." — John Bunyan, *A Discourse Touching Prayer*. London: Nathaniel Ponder, 1662. Pg. 17.

STUDY AND DISCUSSION QUESTIONS

General Study Questions

1. Context and Overview:

- What is the significance of Psalm 90 being described as "A Prayer of Moses, the man of God"? How does this context shape the way we understand the psalm's message?
- According to the sermon, what is the "wilderness of this life"? How does this imagery help us relate to the challenges of living as Christians today?

2. Doctrine:

- The sermon outlines four key needs for Christians traveling through the wilderness of life: comfort, humility, submission, and prayer. How do these four elements work together to guide a Christian's life?
- Why is prayer described as both more and not less than asking God for things? How can we ensure our prayers include confession, adoration, exultation, and thanksgiving alongside supplications?

3. Biblical Application:

- Reflect on the sermon's emphasis on praying "in the name of Jesus."

What does this mean practically, and how does it differ from treating it as a "spell or incantation"?

- How do the referenced Scriptures (e.g., Matthew 7:7, Philippians 4:6, James 4:2-3) encourage or challenge your current prayer habits?

Questions on the Seven Petitions (Psalm 90:12-17)

Petition 1: Teach Us to Number Our Days (Psalm 90:12)

4. Understanding Mortality:

- Why is it important to pray for wisdom to "number our days"? How does recognizing the brevity of life lead to a "heart of wisdom"?
- John Trapp says, "To live with dying thoughts is the way to die with living comforts." How can keeping our mortality in mind shape the way we live daily?

5. Personal Reflection:

- The sermon asks, "What have you been putting off doing that you know you need to do?" Reflect on this question. What specific actions or decisions have you delayed, and how can you take steps to address them?
- How does the reminder that "only what's done for Christ will last" (C.T. Studd) influence your priorities and goals?

6. Encouragement and Comfort:

- How does the promise of 1 Peter 5:10 (God restoring, confirming, strengthening, and establishing believers) provide comfort when facing the reality of death?
- For Christians, how does the hope of reigning with Christ (Revelation 5:9-10) change the way we view our earthly struggles?

Petition 2: Have Pity and Revive Your People (Psalm 90:13)

7. Seeking God's Mercy:

- What does it mean to ask God to "return" and "have pity" on His people? How does this petition reflect a longing for God's presence and forgiveness?
- According to Plumer, why is securing forgiveness of sin a primary concern in times of affliction? How can this perspective guide our prayers during hardship?

8. Application:

- How can you pray for revival in your own life, your church, or your community? What specific areas of spiritual dryness or struggle need God's renewing presence?

Petition 3: Satisfy Us with Your Steadfast Love (Psalm 90:14)

9. Daily Dependence:

- Why does the sermon emphasize the need to be reminded of God's love daily through family worship? How can this practice strengthen a family's faith?
- What practical steps can you take to incorporate daily reminders of God's steadfast love into your routine (e.g., personal devotions, family worship)?

10. Family Roles:

- The sermon calls fathers to lead, wives to help, and children to follow in family worship. How can each family member contribute to making this a meaningful practice?
- If you're not currently practicing family worship, what challenges might you face in starting, and how could you overcome them? (Note: The sermon offers help for those interested.)

Petition 4: Make Us Glad (Psalm 90:15)

11. Joy Amid Affliction: - How does Psalm 90:15 connect the experience of affliction with the hope of gladness? Why is it significant that God can make us glad "for as many days as you have afflicted us"? - Plumer notes that "evil precedes good" and "humiliation goes before honour." How have you seen this pattern in your own life or in the lives of others?

12. Perspective on Trials:

- How can the promise of "an eternity of joy" sustain you during seasons of trial? Share an example of a time when God brought joy after a period of difficulty.

Petition 5: Do Great Things for Your People and Their Children (Psalm 90:16)

13. God's Work and Power: - What does it mean to ask God to "let your work be shown to your servants, and your glorious power to their children"? How does this petition reflect a desire for both present and future generations? - How can we pray for God's work to be evident in our churches, families, and communities today?

Petition 6: Rest Your Favor Upon Us (Psalm 90:17a)

14. God's Favor: - Why is God's favor described as more significant than the opposition or wrath of others? How does this truth provide courage in the face of challenges? - For "Boys and Girls," the sermon says, "If Jesus smiles at you it does not matter who frowns." How can this perspective help young people (or anyone) facing peer pressure or criticism?

Petition 7: Establish the Work of Our Hands (Psalm 90:17b)

15. Fruitful Labor: - The sermon applies this petition to various roles (husbands, wives, children, Christians). Which aspect of this petition resonates most with your current responsibilities or calling? Why? - How can you pray for God to "establish

the work of your hands" in specific areas like work, family, ministry, or personal growth?

16. Christian Mission:

- The sermon lists several Christian endeavors (e.g., evangelism, discipleship, studying Scripture, taking dominion). Which of these areas do you feel called to focus on, and how can you ask God to establish your efforts in that area?
- How does the repetition of "May the Lord establish the work of your hands!" inspire you to persevere in your daily tasks, both spiritual and practical?

Discussion Questions for Group Settings

1. Prayer Practices:

- Share how you currently incorporate supplication and petition into your prayers. What challenges do you face in praying consistently or boldly?
- How can praying "in the name of Jesus" (relying on His righteousness) change the way you approach prayer? Discuss practical ways to cultivate this mindset.

2. Life's Brevity:

- How does the reality of life's brevity (Psalm 90:12) affect your perspective on time management, relationships, or spiritual priorities? Share an example of how this truth has prompted action in your life.
- As a group, discuss ways to encourage one another to "live fearlessly and courageously" for God's glory, as the sermon exhorts.

3. Family and Community:

- For those with families, how can you implement or improve family worship to remind each other of God's love daily? For those without families, how can you foster similar practices in your personal life or community?
- How can your church or small group pray for the next generation, as inspired by Psalm 90:16's petition for God's power to be shown to "their children"?

4. Encouragement Through Trials:

- Share a story of a time when God turned affliction into gladness in your life or someone else's. How can these experiences strengthen our faith to pray boldly for God's favor and restoration?
- How can your group support one another in praying for God to "establish the work of your hands" in your various callings (e.g., work, ministry, family)?

Questions for Personal Reflection

21. Self-Examination:

- Reflect on the sermon's question: "What have you not started that you know needs started? What have you not finished that you know needs finishing?" Write down one specific action you will take this week to address this.
- How does the reminder that "you are going to die and stand before Christ, the Judge" motivate you to live differently today?

22. Prayer Development:

- Evaluate your prayer life. Are your prayers "seasoned with supplications and petitions" as the sermon suggests? What elements (confession, adoration, thanksgiving, etc.) could you incorporate more fully?
- Write a prayer based on Psalm 90:12-17, incorporating the seven petitions outlined in the sermon, and pray it daily for the next week.

23. Hope and Courage:

- How does the promise of being with Christ after death (1 Peter 5:10, Revelation 5:9-10) give you hope in your current circumstances?
- Identify one area of your life where you need to "live fearlessly and courageously" for God's glory. What steps can you take to act on this conviction?

Questions for Application to Specific Audiences

24. For Families:

- How can parents model "throwing themselves at God's feet" in prayer for their children? What specific petitions from Psalm 90:12-17 can you pray for your family?
- How can children (or young people) begin practicing prayer in the name of Jesus, as encouraged in the sermon?

25. For Church Leaders:

- How can you encourage your congregation to pray the petitions of Psalm 90:12-17, particularly for revival and God's favor on the church?
- What practical steps can your church take to support families in establishing daily worship, as suggested in the sermon?

SERMON TRANSCRIPT

Well, beloved brothers and sisters, friends and visitors, this psalm, Psalm 90, was written by Moses, and it was written in the time that the people of God are in the wilderness in the Old Testament. So, it is in between being set free from slavery in Egypt and in between that and when they get to the promised land in Canaan. And so what we can learn from this psalm is how to travel through the wilderness of this life. Our life can be comparable to that journey. We have been set free. Christians in this life have been set free from sin, forgiven, and we are traveling through to the promised land to the consummate kingdom when Christ returns and perfects everything. So we can liken their traveling through the wilderness to our lives. And so what should we learn from Psalm 90? Well, good directions for traveling through the wilderness of this life. And last week as we gathered together for worship, we looked at verses 1 through 11. Verses 1-11 in Psalm 90. And let me just remind you, or for those of you who weren't able to be with us last week, let me remind you of what we learned looking at verses 1- 11. Then we are going to focus on verses 12 through the rest of the psalm today. 12-17. So first in verses 1 and 2, and I would encourage you to look in your own Bible, look at what he says. You should learn from these verses. It is good to comfort yourself with both God's love and his eternity. Comfort yourself as you travel through the wilderness of this life. it is good to comfort yourself with God's love and his eternity. Eternity meaning he's existed forever. Just like he says here, look at verse one in Psalm 90. Lord, you have been our dwelling place in all generations. that is speaking of God's love, his covenant faithfulness, where the Lord himself is his people's dwelling place, keeping them safe from sins, from suffering, from Satan, from sadness. The Lord is his people's dwelling place. that is his covenant faithfulness, his covenant love. And so Moses begins the psalm by comforting himself, teaching us to comfort ourselves with God's love for his people. But also then he goes on in verse two and highlights the fact that the Lord has eternally existed and will exist for all eternity. From everlasting to everlasting, you are God. He says at the end of verse two, before the mountains were brought forth, wherever you had formed the earth and the world from everlasting to everlasting, you are God. So the God that is our dwelling place is the eternal God. So he's comforting himself with that and teaching us to comfort ourselves with that. So you need to comfort yourself as you travel through the wilderness of this life. Comfort yourself with both God's love and his eternity, his eternity. But then look at verses 3-6 and learn it is good also to humble yourself with your own frailty. Not only to look up to the Lord. You've been our dwelling place in all generations. You eternally exist. that is comforting. that is helpful for a Christian. Like this is my God. But also then he turns, Moses does, and considers his and your and my own frailty. So that is good as we travel through this life to humble ourselves with our own frailty. verses 3-6. You return man to dust and say, "Return, O children of man, for a thousand years in your sight are but as yesterday when it is passed or

as a watch in the night again highlighting the eternity of God compared with man." Now you sweep them meaning man in verse 5 them is us human beings. You sweep them away as with a flood. They are like a dream like grass that is renewed in the morning. In the morning it flourishes and is renewed. In the evening it fades and withers. So he's humbling himself, teaching us to humble ourselves with our own frailty. The Lord likens human beings when compared to himself with grass that anyone can break and that is not extremely beautiful. So humble yourself with your own frailty. Remind yourself of who you are on your own. You are a created being on your own outside of Christ. All you've got to offer God is your sin and you do not stand. The Lord makes you stand, but you do not stand on your own. You can't stand on your own. you are frail. I'm frail. Then look thirdly what we should learn from this psalm verses 7- 11. He speaks of the Lord's anger, wrath, judgment, affliction against his own people. The Lord disciplining his people. So what do we learn from that? Well, as you travel through the wilderness of this life, it is good to submit yourself under God's rod. meaning God's rod of discipline. The Lord disciplines those he loves. And it is good for you and I to submit ourselves under that discipline when he is disciplining us, causing suffering to come upon us so that we may grow. But we need to learn to submit under the rod of God's judgment against us or affliction that he's brought on us. Look at verses 7- 11. We are brought to an end by your anger. By your wrath, we are dismayed. He's not talking about the enemies of God. it is Moses. He's not talking about the enemies of God. He's talking about God's covenant people. Did Moses go to hell? No. He didn't enter physical Canaan, but he went to heaven. Moses is one of God's people. Even many of the people that perished in the wilderness, they were still they were God's people. So he's not talking about the enemies. He's not talking about the Ammonites, the Amalekites. He's talking about us believers. We are brought to an end by your anger, by your wrath we are dismayed. Verse seven, what on earth would God be angry with us about or have wrath against us about? Verse eight, you've set our iniquities before you, our secret sins in the light of your presence. Oh, now I get it. For all our days pass away under your wrath. We bring our years to an end like a sigh. The years of our life are 70, or even by reason of strength, 80. Yet their span is but toil and trouble. They're soon gone and we fly away. Who considers the power of your anger and your wrath according to the fear of you? What's Moses singing about, writing about, praying about in verses 7- 11? Submitting ourselves under God's rod of discipline for our sins. So, it is good as you travel through this life to comfort yourself with God's love and eternity, to humble yourself with your own frailty, and it is good to submit yourself under God's rod of discipline and learn from it. But now as we move into the last part of the psalm, Moses transitions from saying things about God or about his frailty or about their sins. He transitions from that to directly petitioning God, asking God for specific things. Notice back at the title of this psalm in your own Bible, it'll say a prayer of Moses, the man of God. So, this is a song to be sung. that is what all the psalms are. But specifically, this is a prayer psalm. And as you can see in the last part of this psalm, petitions or asking God for things, supplications is another

word used in the scripture for this is a good thing to include in prayer. So I will remind you again what we should learn overall from this whole psalm. As Christians travel through the wilderness of this life, they need comfort, humility, submission, and prayer. Fourthly, prayer, petitioning God for things in prayer. So what do we learn from verses 12 through 17? I just want you to look in your own Bible so that you see that he's moved away from you've been our dwelling place just saying things about God. He's moved away from adoration just praising God for who he is talking about God's attributes or his own frailty or God's discipline. He's moved away from that in verses 12-17 it becomes asking God for specific things. So he says in verse 12, "Teach us to number our days that we may get a heart of wisdom. Return, O Lord, how long? Have pity on your servants." All these are asking God for specific things. Petitioning God. Satisfy us in the morning with your steadfast love that we may rejoice and be glad all our days. Make us glad for as many days as you have afflicted us and for as many years as we have seen evil. By evil it means suffering, not moral evil, but specific suffering. Verse 16, let your work be shown to your servants and your glorious power to their children. Verse 17, let the favor of the Lord our God be upon us and establish the work of our hands upon us. Yes, establish the work of our hands. So verses 12-17 moves to specific things to ask God for as you and I travel through the wilderness that is this life. Got it? Hopefully you see that. So, what's the fourth big thing that we should learn from this psalm? Not only is it good to comfort yourself with God's love and eternality, not only is it good to humble yourself with your own frailty or submit yourself under God's rod.

Fourthly, it is good as you travel through the wilderness of this life to throw yourself at God's feet. to throw yourself at God's feet, which is a picture of prayer. Boys and girls, look up at me. Have you ever out of some kind of desperation thrown yourself down at somebody's feet and asked them for something? Have you ever done that? Or you ever seen somebody do that? I bet you have done it at some point. I bet you've done something that you knew was so bad or that you were going to get spanked so hard for that you come to mom or dad and are just despairing and just come down at their feet. I'm so sorry. Something like that. Or just collapse before them and ask them for something. I bet you've done that before. Maybe not. Probably my children have. throwing yourself down at somebody's feet. Have you ever seen that? Maybe even in a movie. There's a king and someone comes before them and just throws themselves down and begs, asks. Boys and girls, that that is a picture of what prayer is like. When we ask God for things, it is like we are just throwing ourselves down at his feet saying, "You are the king. Please help. I need you. I'm desperate for you. Sometimes it is because we've messed up and we need things, but then sometimes it is just because if God does not bless us, if God does not give us what we need, we are not going to make it. So, we throw ourselves down at God's feet. And I think that image, adults, that captures exactly what Moses is doing in verses 12-17. it is not just little things that sadly a lot of Christians pray for. it is not just simple little bitty things. it is like

huge stuff. it is huge stuff that we all need. Teach us to number our days so that we may get a heart of wisdom. He's exclaiming these things. Return, O Lord. How long? Have pity on your servants. He's throwing himself down, casting himself down at God's feet in prayer. Now before I show you these seven specific things, I just need to remind you that prayer is more than just asking God for things. But it is not less than that. Prayer is about more than asking God for things. But it is not less than that. It includes prayer includes specifically asking God for very intentional things. I think there's easily two ditches on the side of the road. There are some who are so self-absorbed, who are so prideful that almost all they do in prayer is ask God for stuff. Like that is it. I go to God because I need to ask for things and I want him to give me things and I know God is sovereign and he owns everything and he's wise and he can do whatever he wants and so I go to God frequently with my asks and that is all I do is ask ask. that is one ditch. And then the other ditch we could call the reformed ditch is you realize that God is not a slot machine. That all you do is put in a prayer, crank it, and ask like, I hope it happens. God's not a slot machine. So then what I've seen in my pastoral experience is that people come out of that ditch and then they go onto the other side and all their prayers are only confession of sin, only adoration, only thanksgiving, but then very little asking if at all. You need to avoid both of those ditches. Prayer is more than asking God for things. It includes adoring God uh just as Moses does in this prayer. He does not begin with petitions, does he? He does end with it. He begins not with petitions, but he ends with it. He begins with just talking about the Lord's attributes and the blessings that he's given them. So, your prayer should be filled with confession, adoration, exaltation, and thanksgiving. Yet they must also be seasoned with supplications and petitions. Simply, boys and girls, when you hear the word petition, like petition God or supplication, you'll read that word in the Bible multiple places. Supplication. All that means is ask. that is what those words mean. Asking God for something. Do you ask? Do you ask according to God's revealed will in scripture? Do you ask things of God in prayer in the name of Christ or is it some weird thing like reformed people do or say like God if it is your will you do this? Like that is not what John means. He means pray according to the revealed will of God in the scripture. Not your prayers have to somehow magically hit the secret will of God. Like God has a secret will that he does not reveal to us and our prayers somehow have to we shoot into the dark and we hope it somehow hits the target that is invisible and we go I prayed according to the will of God. that is not what he's talking about. it is not how you should pray. God sanctify us. that is a prayer according to the revealed will of God. According to the will of God. You do not have to say, "God, if it be your will, sanctify us." It is. He's revealed that God heal this person. Like that is according we are told to pray for the sick and pray for God to heal them. That is a prayer according to the will of God. You do not have to say, "God, if it be your will, heal them." No. Just say, "God, please heal them." You can always say, "Nevertheless, not my will but yours be done like Christ does." But in no way is that us just trying to like hedge our bets in case our prayers are not answered. So stop it. Stop doing that. Just ask. Just ask. Just like Moses

does. Ask in the name of Christ based on his merits, not your own. But listen to all the times in the scripture. I think especially people like us need to hear this. that is why I'm belaboring this point. Matthew 7:7, "Ask and it will be given you. Seek and you will find. Knock and it will be open to you." Matthew 20 21:22. Whatever you ask in prayer, you will receive it if you have faith. Romans 1 9 and 10. For God is my witness whom I serve with my spirit in the gospel of his son that without ceasing I mention you Roman Christians always in my prayers asking that somehow by God's will I may now at last succeed and come to you. asking asking Colossians 1:9 from the day we heard we have not ceased to pray for you Christians in Colossae asking that you may be filled with the knowledge of his will and all spiritual wisdom and understanding asking that you may be filled with the knowledge of his will and all spiritual wisdom and understanding James 15 if any of you lacks wisdom let him ask Not if anyone if any of you lacks wisdom, let him ask God who gives generously to all without reproach and it will be given him. James 4:2 and 3. You do not have because you do not ask. What's the point of that? You do not have specific things you need because you do not ask God for them in prayer. that is what James 4:2 means. You do not have because you do not ask. Parents, you know what that is like. A kid wants something. You may not even realize that they want it or perhaps even need it at the moment and then they just never ask for it and then they bring it up. it is like, why didn't you just ask me? I would have given you that. Like, you didn't have this cuz you just didn't ask. You asked me. I'm going to give it to you. And the Lord in his sovereignty has chosen to withhold certain things from us because we do not ask him for them.

When we ask and the Lord gives, the Lord is more glorified because he is shown and recognized to be the one that was asked and then responded with his generosity. But you know how it is parents. You know how it is. You might even see your kids need something, but you want them to learn to ask. And so just ask. You might see something. it is like you really could give them that, but they need to learn to ask. They need to learn especially to ask their parents who love them and want to help them. it is like just ask. Often pride keeps us from asking. Pride keeps children from asking for help. And pride often keeps adults from asking God for help in prayer. You do not have because you do not ask or you ask. Verse three, you ask and do not receive because you ask wrongly to spend it on your lusts. God does not say yes to every prayer that you ask because sometimes you ask and I ask wrongly to indulge some kind of sinful passion. and he loves us enough to say, "Nope, not giving you that." 1 John 5:15-16. This is the confidence that we have toward him, toward God, that if we ask anything according to his will, he hears us. And if we know that he hears us in whatever we ask, we know that we will have the requests that we have asked of him. Ephesians 6:18, "Pray at all times in the spirit with all prayer and supplication." Supplication means asking. To that end, keep alert with all perseverance, making supplication for all the saints. 1 Timothy 2:1, "I urge that supplications, prayers, intercessions, and thanksgivings be made for all people." Philippians 4:6, "Do not be anxious about anything, but in everything by

prayer and supplication with thanksgiving, let your requests be made known to God. Ask petition. Your prayers should be filled with confession, adoration, exaltation, and thanksgiving. Yet, they also must be seasoned with supplications and petitions. And your petitions should not be made standing on your own merits. Your petitions should be offered up in the name of Jesus. that is what Jesus means by praying in my name. it is in the name of Jesus. As in for Christ's sake, hear my prayers and answer. Yes. Because of who Christ is for me and what he's done for me, I come to you, God, not in my own name, but in his name. that is what it means to pray in the name of Christ. it is not a spell or an incantation like many today use in Jesus' name. it is not that. It is humble faith depending on Christ's righteousness, not my own. that God the Father listens to me and will respond yes to me not because I am good enough but because I am united to Jesus Christ through faith and Christ is good enough. that is why we say for Christ's sake answer yes according to this. So that is what it means to pray in the name of Jesus. So ask in the name of Jesus boys and girls you should ask God for things in prayer. You should ask God for things in prayer and you should always ask in the name of Jesus. Meaning that because I trust in Jesus as my savior, Jesus represents me before God the Father. And I'm asking God for things based on how good Jesus is for me. I'm not asking God for things and saying, "I'm worthy of receiving this. I've been good enough to receive this, God." No, I'm asking God for things because Christ is my savior and he represents me. that is what it means to pray in the name of Jesus. Not in your own name, not in the name of anyone else. Not with anyone else as your mediator, but Christ. Okay. Now, let's get to the specifics and let me just show you these petitions and what Moses writes here in Psalm 90 12-17. We will move semi quickly through these because I think the most important thing is to see you need to ask in the name of Christ. Now, what should we ask? Well, let's learn from Moses and see some good things that we should ask as we travel through the wilderness. That is this life. First, petition the Lord to teach you to know that you have one life that will soon be passed. Petition the Lord to teach you to know that you have one life that will soon be passed. Look at verse 12. So teach us to number our days. What does that mean? Teach us we are going to die. We have one life and it is going to be over before too long. that is what Moses is asking. Teach us to number our days that we may get a heart of wisdom. It means that we may live wisely. We may behave ourselves wisely in this one life that you and I have been given and that has a limited number of days. So throw yourself at God's feet as you travel through the wilderness of this life. Throw yourself at God's feet in the name of Christ and petition him. Notice he says, "Teach us to number our days." You and I already know like everything I just told you, you are going to die. You already knew that. your life is going to be over before you know it. You already knew that, too. But he's saying, "Lord, please teach us." Meaning, please teach us inwardly. Help us not only to know it in our minds, but to feel it deep down. Teach us that we may live each day like it is our last. Like, we may live each day knowing I'm going to stand before Christ Jesus before too long. We may live each day knowing Christ is the one who's worthy of

all praise and glory and honor. That means not putting off certain things. That means living like eternity is real and like we have one life that will soon be over. John Trap said this is hard to do but must be done or men are undone forever. To live with dying thoughts is the way to die with living comforts. To live with dying thoughts, meaning I'm going to die someday. Teach us to number our days. I'm going to die someday. To live that way, it is hard to do, but it must be done. We must, as Jonathan Edwards prayed, he asked the Lord to stamp eternity on his eyeballs. Said, "Lord, stamp eternity on my eyeballs." meaning everything I see, everything I read, everything I do that all of life it is like I can just see eternity like hovering. Wherever I look, I can see the word eternity. So I will live for Christ and his eternal glory forever realizing my days are numbered. Teach us to number our days so that we may get a heart of wisdom and live wisely. that is what you should ask God for. Help me to live like that is true. Not just to know it is true. Everybody knows that is true. you are not going to live forever. But teach us to know that, to live like that. that is what he's praying and asking God for. Sober yourself with that truth. you are going to die. you are going to die and you are going to stand before the Lord Jesus Christ and you are going to give an account.

Everyone you have ever known is going to die. and stand before Jesus as the judge. Teach us to number our days so that we may get a heart of wisdom. it is those who do not consider that that I am going to die someday and I am going to stand before Jesus. it is those who do not keep that in mind that live unwisely. Is it not? Every time you've done something foolish, every time I've done something foolish, you can trace it back to, well, you acted like a dummy, Brett, because you are acting like you are not going to stand before Jesus and give an account. you are acting like you are never going to die. you are acting like your days are not numbered. you are acting like you've been given 20 lives rather than this one life. And so, use that to sober yourself. This life is like a vapor. And as CT Stud famously said, only one life will soon be passed. Only what's done for Christ will last. Only what's done for Christ will last. So use this truth of what we should be praying for to sober yourself, to wake up. Use it also to examine yourself. I want to ask each of you individually to examine your own life. I do not know the answers to these questions. But you do and God does. And so I'm praying that God, the Holy Spirit, will just like push these down and you can apply these and examine yourself and it would be for your good. What have you been putting off doing that you know you need to do?

You know you need to do it, but you've been just putting it off. You have one life. It may be over tomorrow.

Tomorrow is the devil's day. Today is the day. What do you need to do? What have you been putting off? If the Lord would teach you to number your days, you would not procrastinate in those things you know you need to do. What have you not started that you know you need to start? Start now. You get one life. You know you

need to start something. Quit putting it off. Your days are numbered. You got one life. Live it through faith in Christ courageously doing what you know you should do. What have you not finished that you know needs finishing?

Examine yourself. Number your days. Ask the Lord to teach you that so that you may live in that and quit putting things off. Let me exhort you or direct you Christians. You who belong to Christ, you have a good father, a sufficient savior in Jesus, and a powerful advocate in God the Holy Spirit. Get after it. Whatever you know you should be doing, get after it. Trusting Christ, moving forward, depending on God the Holy Spirit. You've got one life. Get after what you know you should get after. live it fearlessly and courageously for the good of others and the glory of God. Let's make the best of this life that the Lord has given us. And if you belong to Christ, you do not have anything to fear. You know what is right. You know what you should do. March forward trusting the Lord, depending on his strength, fearlessly and courageously, doing good to others, and glorifying the Lord. Use this life. Use it up. Wasted days lead to a wasted life. So do not waste days even. Some get months down the road. They know there's a problem. they know there's something they need to address and then have some kind of resolve to do it, but then do not do it every day or do not do the little steps of obedience and then get six months down the road and goes like, man, last 6 months have been really weak. it is like, well, it wasn't the last 6 months. It was the last 180 days, individual days. Wasted days lead to a wasted life. it is it is about doing the little bitty simple things that really are not that amazing or glorious in everybody's eyes or in your own your own eyes that it is just those little things every single day. little steps of obedience to Christ, little things for his glory, and that builds up over time and leads to a life lived for Christ. But if you just have in your mindset like, I'm just going to do these huge things, but you never do the little things, you are never going to do the huge things. It just does not happen. So labor to just be faithful. You've got a sufficient savior. You have a good father. You have a powerful advocate in the spirit. So get after it, trust the Lord and march forward. Also, I think you should use this truth here that number our days that we may get a heart of wisdom. You should use that if you belong to Jesus. Use that for a great comfort. Believers, you are going to die. that is not a sobering awakening for Christians. like you are going to die and you are going to never sin again. Christians, you are going to die and your sins, your sufferings, your sadness will forever disappear and be replaced with holiness, health, and happiness.

So even as you walk through the valley of the shadow of death, maybe some of you right now your suffering is great. you are going to die. And that should make you smile. I'm gonna die and be with Jesus. Like, I'm not going to live in this vale of tears forever. I'm not going to walk through the valley of the shadow of death forever. I'm going to die. And to be absent from the body is to be present with the Lord. My days are numbered. So, if you are suffering greatly, it is like, I only got so long. Only got so long. Listen to 1 Peter 5:10. After you have suffered a little while,

the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. Suffering saints, your days in the valley of the shadow of death are numbered. you are going to die and be with Jesus and like Jesus in perfect health and perfect happiness, in perfect holiness for all eternity. And you will reign with Christ. You will reign with Christ. Revelation 5:9 and 10. By his blood, Christ ransomed people for God from every tribe and language and people and nation. and he has made them a kingdom and priest to our God and they shall reign on the earth. Suffering saints, you won't always be low. You'll reign with Christ on the earth. Hallelujah. Your days are numbered. So when you are suffering, pray that same thing. Pray. petition the Lord to know I've got one life. It'll soon be over. That does that does a whole lot of things. You can apply it in a whole lot of ways. I need to live for Christ's glory. Yes. I'm suffering greatly. I won't always be. Hallelujah. So, petition God, teach us to number our days that we may get a heart of wisdom. that is a good petition as you walk through the wilderness of this life. Next, look at verse 13. He says, ' Return, O Lord. How long? Have pity on your servants. Have pity. Have compassion on your people. Return, O Lord. You feel distant. You feel far from us. You do not feel near to us. So return. How long will you be distant? Please have pity on your servants. that is what he's saying. So petition the Lord to have pity on his people and revive them with his presence. Petition the Lord to have pity on his people and revive them with his presence. This is what you and I chiefly need in times of suffering, of sickness, of sadness. We need the presence of the Lord near to be revived with his presence. Have pity on your servants. Return, O Lord. So cry out to the Lord. Have pity on us and revive his people with his presence. that is a good petition. Now next, look at verse 14. Petition the Lord to satisfy his people with his love. that is what he's asking. To satisfy his people with his love. Satisfy us. Verse 14, satisfy us in the morning with your steadfast love that we may rejoice and be glad all our days. Satisfy us in the morning with your steadfast love. This in the morning, it could be translated satisfy us early with your steadfast love. And some have taken that that could mean save us when we are young. do not leave us until we are 40 or 50 or 60 to convert us. save us when we are young. that is a good petition. I do not know if that is what Moses is saying, but that is a good petition. Parents, you should pray that God would save all of your children and save them at an early age and keep them from having a what our generation would call a good testimony. Like, I do not want my kids to have a quote unquote like people call, man, he's got a good testimony. Like, I do not want my kids to have that. I want him to have the most boring testimony in the entire world. I want all of you, I want all of your children to have the most boring testimony ever. It would go something like this. I cannot remember a time that I didn't trust Christ as my savior and want to live for him. that is the kind of testimony we should all want. So, I do not know if that is what Moses is saying here. I'm inclined to think that is not exactly what he means, but that is definitely a good petition. Regardless of what he means in verse 14, satisfy us early with your steadfast love. Satisfy us in the morning or early in life, early in the day, regardless of what he means. You should pray for God to save

your children at an early age and to save a lot of people at an early age. And let them be blessed with boring testimonies. you are not cursed if you have an extravagant testimony of like you were crazy and living in sin and all sorts of things. that is not a bad thing. I'm just saying and I think you would agree with me. You would probably say, "Well, I do not want that for your kids. I do not want my kids to go through that. I would love them to be converted at a young age and kept from the great harms of this world. But satisfy us in the morning with your steadfast love. I think more probably means soon as we wake up, Lord, remind us, satisfy us with your love for us, your covenant faithfulness to us that we are in covenant with you that you are our God. We are your people. You have given us your law. You have given us your gospel. You have promised to protect us, to preserve us, to sanctify us, to glorify us one day. Satisfy us with your steadfast love in the morning. First thing that we start our day, this I think the simplest way to say is we start our day with gospel. Christ died for sinners. Christ died for people like you and me. Here is a petition. satisfy us. Not just help us understand that you love us steadfastly in Christ Jesus, but it is beyond that. It has to do with the affections. It has to do with being satisfied with God's steadfast love. Not just understanding it, but being gripped by it that I I'm satisfied with God's love for me in Christ Jesus. like I do not I do not need other things. You want sin's allure to just grow smaller and smaller, you need to be satisfied with the steadfast love of the Lord. You want your duties to not seem like huge mountains that you've got to climb, but just seem like little molehills that you just like step over. Then you need to be satisfied with the steadfast love of the Lord. The more the love, the steadfast love of the Lord is your satisfaction, the more foolish and stupid sin looks. And the more easy even our really difficult duties look cuz it is Christ. I want to do this for him, for his glory, for his people's good, for my neighbor's good.

So petition the Lord to satisfy you and his people with his love. I think here's another verse 14 in Psalm 90 is another great example of why you and I should do daily family worship.

Daily family worship. Every one of us needs to be reminded of God's gospel every single day and respond with rejoicing and gladness. Every one of us needs that. How do we What's a good way to do that? Meet together every day in your household for family worship. If that is new to you or if frankly if you haven't gone through with one of the men in this church, like what do you do in family worship? You need to do that today and let us help you and give you some guidance, give you some ideas and show you in the scripture. Here are some good things to do leading your family in family worship. Fathers, it is your job to lead your job to lead. Lead your family in family worship. So that satisfy us in the morning with your steadfast love is not a prayer that you are just praying. and you are like, I do not know, God, like supernaturally remind each of the people in my household in the morning of your steadfast love for them. Like, why do not you be the instrument that God uses to remind them of that? Teach them the scriptures, sing praises

together, pray together, go through a catechism together. it is as simple as that. But satisfy us in the morning with your steadfast love so that we may rejoice and be glad all our days. Come talk to me and I would love to help you with anything to do with family worship. Petition the Lord to satisfy his people with his love. Now look fourthly at verse 15. Petition the Lord to make his people glad. There's another good petition. Petition the Lord to make his people glad. Verse 15, he says, 'Make us glad for as many days as you have afflicted us and for as many years as we have seen evil or suffering. Make us glad. Pray for the happiness, for the gladness, for the joy of God's people. For as many days as we've been afflicted, as many years as we have seen evil or suffering, just ask the Lord. Could we all do with a good bit more gladness? I think we could. I could. Won't you pray that for me? Just look around the room. Do you want other believers to be glad, to be joyful in Christ? Why do not you pray it for them? that is a good petition. Make us glad. Make us happy because of who God is for us, what Christ has done for us. What God has promised to do for us, what the spirit is currently doing in us. Make us glad for as many days as you have afflicted us. William S. Plumber comments on this and I will read him at length because I think it is helpful when he says, "Make us glad for as many days as you've afflicted us." He says, "It is an admirable arrangement on the part of God that ordinarily evil precedes good, and humiliation goes before honor. It is good that a man bear the yoke in his youth and not in his older years. It would be sad to see our old men and women learning the lessons of childhood when they ought to be teaching lessons of piety and patience. Our light affliction worketh glory. When days of trial are to be followed by an eternity of joy, the prospect may well sustain and cheer us. Petition the Lord to make his people glad for as many days as you have afflicted us and for as many years as we have seen evil. Look fifthly at verse 16. Here's another petition. Petition the Lord to do great things for his people and their children. Petition the Lord to do great things for his people and their children. Verse 16 says, "Let your work be shown to your servants and your glorious power to their children." that is not just help us to understand what you have done. that is not what he's saying. Let your work be shown to your servants. That means God work among us. Work through us. Work within us. Work before our eyes so that we can see what you are doing. and go, "God did that." Show your work. Let your work be shown to your servants and your glorious power to their children. So that not only the adults but the children would see the glorious power of God as he does great things for his people, among his people, in front of his people. Petition God. that is a good petition. As you travel through this, can you think of how refreshing it has been to you that maybe you've been through a season of sorrow and then you are asking God for something in prayer, maybe you and a group, and he says yes and you just see it. The Lord answered that prayer. Can you remember how refreshing that is? that is what Moses is teaching us to petition the Lord for. that the Lord's power would be shown to his servants, his glorious power to their children. So petition the Lord to do great things and do what we just sang what John Newton wrote. Thou art coming to a king. Large petitions with thee bring for his grace and power are such

none can ever ask too much. You've never asked God for anything that he said that is too much. I do not know if I can do that. You've never asked God for anything that he says that is too much. So come to him with large petitions. Let your work be shown to your servants and your glorious power to their children. Petition the Lord in that way as you travel through this life. Now look sixthly at the beginning of verse 17. The next petition it says, "Let the favor of the Lord our God be upon us. Let the favor of the Lord our God be upon us. What does that mean? May the Lord smile at us and what we are doing, who we are in Christ. Let us be aware of the Lord's smile that is upon us. Let the favor of the Lord. Let the blessing of the Lord rest upon us. If what you and I are doing has the blessing of the Lord, the favor of the Lord, that is pretty much all we need. Boys and girls, look up here at me. Moses is praying in verse 17. If you have a Bible, look at it. At the beginning of verse 17, let the favor of the Lord our God be upon us.

That is another way of saying let the smile of God be seen by us. That God looks at us and just grins. Children, look at me. Have you ever been in a certain place and you are a decent distance between you and maybe your mom or your dad? They're across the room or something. Maybe it is loud in the room and you can't really talk at each other, but you catch one another's eyes and mom or dad just goes and just smiles at you like, "Hey, I see you." Has that ever happened to you? They see you and smile. that is what Moses is asking for. That feeling of they look at you and like, "Hey, that is my dad and he loves me. Hey, that is my mom and she loves me." that kind of smile, that favor, that little thing that can be communicated that parents can communicate to their kids by just looking at them, maybe winking or something like that. that is what Moses is saying. Just let your smile be upon us, your favor. that is all we need. We need your approval. We need your blessing. We need to be able to look across the room and we can't even talk, but see you look back at us and wink. Just go, "Okay, I'm good." the favor of the Lord being upon us. And believers, you just need to be reminded if Christ's favor rests upon us, nothing else matters. Whoever frowns at us, whoever's mad at us, whoever persecutes us, whoever slanders us, however much suffering or sickness or sadness or however much Satan tries to assault us, if Christ smiles at us, we are good. we are good. If the truth is who we are bowing to, we do not need to fear any lies. If Christ smiles at us, it does not matter who frowns. Praise God. And so that is a good petition. Petition the Lord to rest his favor upon his people. Let the favor of the Lord our God be upon us. Now lastly, look at the second part of verse 17 and establish the work of our hands upon us. Yes, establish the work of our hands. Here's how here's how it ends. petition the Lord to establish the work of his people's hands. All that simp that means what we are seeking to do through faith in Christ for God's glory. Lord, make us successful in it. Establish the work of our hands. that is what he's petitioning the Lord for. And that is what you should too. So, husbands and fathers, as you seek to provide for and protect your family both spiritually and physically as the covenant head men, as you seek to build wealth

and leave your children an inheritance, as you seek to make disciples in your households and beyond, may the Lord establish the work of your hands.

Wives and mothers. As you seek to nourish and build up your family both spiritually and physically as your husband's helpmate. As you seek to assist your husband mothers in training up your children and the disciplined and instruction of the Lord. As you train up the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled. May the Lord establish the work of your hands.

Boys, unmarried men, look up at me. as you are being trained in knowledge and wisdom and skill so that you can one day faithfully protect and provide for your family both spiritually and physically. May the Lord establish the work of your hands.

Girls, unmarried girls. If you are being as you are being trained up in knowledge and wisdom and skill so that you can one day faithfully submit to your husband, be a holy helpmate and a nourishing and training mother both spiritually and physically. May the Lord establish the work of your hands.

Christians, as you labor in your lawful vocations, serving Christ in your job and doing good to neighbor, may the Lord establish the work of your hands. Christians, as you work out your own salvation with fear and trembling, may the Lord establish the work of your hands. As you evangelize the lost, may the Lord establish the work of your hands. As you disciple those who are saved, may the Lord establish the work of your hands. As you labor to kill sin for God's glory and your good, may the Lord establish the work of your hands. As you study the scripture to grow in knowledge and wisdom, may the Lord establish the work of your hands. As you take dominion, Christians, in obedience to the creation mandate, may the Lord establish the work of your hands. As you make disciples until the glory of the Lord covers the earth, as the waters cover the sea, may the Lord establish the work of your hands.

Believers, look to Christ. Live for Christ. Ask him. Ask him for all these things to establish the work of his people's hands. to rest his favor upon us, to do great things for us and our children, to make us glad, to satisfy us with his love, to have pity on us and revive us with his presence, to teach us that we have this one life that'll soon be over. Look to Christ. Make these positions as you walk through the wilderness that is this life. unbelievers, you who have not yet closed with Christ, you who are not yet submitting to Christ, trusting in him, and obeying him, he is presented to you as a willing savior. He will save you if you come to him and trust in him. He lived without sin like you have not lived. He died the death you deserve to die for your sins. And he did it as a substitute so that everyone who believes on

him will be forgiven and counted righteous before God. He arose from the dead three days after his death, conquering Satan, sin, and death, and becoming the King of Kings, the Lord of Lords, who will protect his people and provide for his people all the way to glory. This is the Savior. This is the King who has offered to you. Come and trust in the Lord Jesus Christ, and you can live a life free from your sins, reconciled to God for God's glory as you were created to live. do not delay. Your days are numbered. You have one life. Come to Christ. Live for Christ. Pray with me. Our Father in heaven, we thank you for Psalm 90. We ask you to help us make petitions to ask you, to not only ask, but to definitely ask. And all of these petitions that are outlined in Psalm 90, we ask you for Christ's sake to grant them to us. For those who are not yet united to Christ through faith, we ask that you open their eyes to the dreadfulness of their own sin. open their eyes to the beauty of Christ living, dying, arising, and being a willing savior. Grant them faith and repentance that they would turn from their sin and trust in submit to Christ alone.

We ask for those who are already in Christ that you sanctify us. For the sick, heal them. For the suffering, comfort them. For the straying, convict them. Discipline them so that they would return to faithfulness. For those who are striving forward in faith, please strengthen them. We ask you to purify this particular local church. Help us to love you. Make us joyful. Help us to love one another and bear with one another and love as we seek each other's good and your glory. Please receive all of our songs, prayers, the Lord's supper, our offerings, our time of fellowship. Receive everything that we do now in response to your word. Receive all these things as sacrifices of praise in Christ's name. For his sake, receive them. Amen.