

GOD – OUR HELP AND HOPE

Psalm 90

1 – In prayer, declare God's greatness – vs. 1-2

- Moses declares God's greatness to be personal –
 - v. 1 – “Lord, you have been our dwelling place in all generations.”
 - Isn't it nice to have a place called “home”?!
 - What or where did Moses consider home?
 - Abraham, Isaac, and Jacob were nomadic.
 - The Children of Israel, after being rescued from slavery, wandered through the wilderness.
 - Moses himself was in Egypt, Midian, back to Egypt, then in the wilderness!
 - To Moses, where was home?
 - Moses understood that the Lord was their dwelling place – He was their home!
 - And this “in all generations” –
 - So even after the people were given the Land, the LORD continued to be their dwelling place!
- Moses declares God's greatness to be eternal –
 - v. 2b – “...from everlasting to everlasting you are God.”
- This Psalm inspired Isaac Watts to write –
 - “O God, our help in ages past, our hope for years to come,
Our shelter from the stormy blast and our eternal home.”
- Reflecting on God's help in the past gives hope for the challenges of the future.

2 – In prayer, acknowledge human weakness – vs. 3-11

- In contrast to God, who is eternal, humans are very transient (not lasting, temporary) –
 - We return to dust –
 - A millennium to us is like yesterday's news to God –
 - We are like a midnight shift –
 - We wash away in a flood –
 - We are like a dream –
 - We are like grass –
- Today's news, events, and personalities seem massive –
 - But they are dust, they wash away...
 - They are a mere dream or withering grass!
 - Ill. Of history...
 - The Rest is History
 - Presidential politics
- In this world, we live under the wrath of God –
 - The wrath of God here is reference to the curse God put on the earth and the inhabitants of the earth at the fall.
- In prayer we acknowledge the transitory nature of being human –
 - We see the futility of doubling down on earth life.
 - We see the futility of trying to get eternal life out of broken, fallen, transitory planet earth life.

- Two things to see before we look at the last section –
 - One – Notice we are most of the way through Moses’ prayer, and not one thing has been asked for!
 - There’s been no prayer request!
 - How often is prayer to us all about the petitions and requests we bring to God!
 - Two – We might be tempted to give up on life as we consider the futility of it –
 - That’s not where Moses goes!

3 – In prayer, ask God to establish the work of your hand – vs. 12-17

- First, notice the bookends of the last section –
 - v. 12 – “So teach us to number our days that we may get a heart of wisdom.”
 - Clearly, the “therefore” of human futility is not “give up” or “don’t care” or “all life is meaningless.”
 - To “number is to give special attention to.”
 - v. 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!”
 - To ask God to “establish the work our hands” is to ask God that the work of our hands be meaningful and lasting.
 - We number our days because we want them to count!
- Then Moses prays for –
 - God to have “pity” on His children – (v. 13)
 - God to “satisfy” His children with His “steadfast love” – (v. 14)
 - The most important and unchanging circumstance in your life is that God loves you!
 - We can seek to be satisfied in so many other things – Only the love of God will truly satisfy.
 - God would make His children glad and joyful – (vs. 14, 15)
 - God show the children of His servants His glorious power – (v. 16)
 - And He does!

For Us

1 – Use Psalm 90 as a prayer guide this week –

2 – Invest your life in what is eternal –