

Lament to Ascent – Psalm

[Psalm 90:1-17](#)

“God Our Refuge” – June 7, 2020



Introduction

What do we do when life feels overwhelming? When life is filled with trouble and it feels like one long “sigh”? We should come home to God our refuge. Psalm 90, written by Moses, models this for us in a prayer of lament so that we ourselves can know who God is and come to Him (again and again) for refuge.

Pray

Before you begin, take some time to ask God to help you understand His word, to reveal what needs to change in you, and for the grace to follow Him in response. To help, use [Psalm 119:33-40](#) as a prayer for God to open His word up to you.

Sermon Outline

- I. God is our home ([90:1](#))... *what kind of home is He?*
- II. He is our eternal home ([90:2-6](#))
- III. He is a just home ([90:7-11](#))
- IV. He is a loving home ([90:12-17](#))

Read & Discuss

1) God our home. Read [Psalm 90:1](#)

Moses reminds the people of God that God is our home. For Moses, the people who had wandered in the wilderness for 40 years, or for those who read Psalm 90 while in Babylonian exile – was encouraging news. For Christians today are also exiles and strangers to this world (see 1 Peter 2:11). Our fundamental citizenship is not here on earth but we are as Ephesians 2:19 tells us, “you are fellow citizens with the saints and members of the household of God”. We are a people and family united by the person and work of Jesus. How encouraging is it to you to know that God is our home and refuge this week? Where have you been looking for refuge, safety or rest?

Additional Reading: [1 Peter 2:11](#), [Ephesians 2:19](#)

2) God is our eternal home. Read [Psalm 90:2-6](#)

God is from everlasting to everlasting. God is our everlasting, living hope. He will never fade. Our life may be brief, but God is never ending. How does the eternality of God give us hope that will not perish, spoil or fade ([1 Pet. 1:4](#))? Being human is accepting the God-given limitations; it's meant to set us free. Are you accepting the God given limitations in your life or are you trying to be God? Be sure to make time every day to look to God in His word. Seeing Him moves us to worship. May worship (not pride, envy, or guilt) fuel our next step on this earth.

Additional Reading: [James 4:13](#)

3) God is a *just* home. Read [Psalm 90:7-11](#)

How do you feel when you think about God's wrath? God's wrath is the appropriate response to that which is evil. The reason that life is brief and a weariness in life is because God is not indifferent to sin. He *will* judge all sin. God's anger and wrath is not unfair but all-seeing and just. James Boice asks, "Are you aware that sin always leads to death? If you are aware of this, you will not treat sin lightly as many people." When we see the connection of sin and suffering we learn to hate our sin, like we hate COVID-19, car wrecks, or cancer.

Additional Reading: [Romans 3:23](#). A book on anger is [Good and Angry by David Powlison](#)

4) God is a *loving* home. Read [Psalm 90:12-17](#)

Looking at God's *just* anger toward evil, the Christian may ask, "Why does the Christian still die if my sins are forgiven and the anger of God I deserve fell on Jesus?" Jesus assures us in John 11:25, Because *He* is the resurrection and the life - even though we die, yet shall we live. What we learn then, is that there's a difference between the *consequences* of our forgiven sin and the *penalty* of sin. We know that because of Christ, there is no condemnation for those who are in Christ – praise God! But the consequences of forgiven sin remind us (this side of heaven) of the exceeding evil of sin, God's not being indifferent to evil, His love for us (seen in His sacrifice – [Rom. 5:8](#)). What's more, though we are free from sin's penalty (already paid for in Christ), God uses the groan-inducing consequences of sin a fallen world as part of His loving acts to make us like Jesus (see [Heb. 12:3-11](#)).

Given his circumstances, Moses doesn't lose hope. Instead, he leads us to God in prayer.

- *God help us realize the brevity of life. Teach us to number our days and live without a wasted moment – instead to live wisely as according to Your word (v12).*
- *Satisfy us with Your love! It's so easy to seek satisfaction in empty cisterns that cannot satisfy. May we taste and see Your goodness so we may know contentment (vv13-15).*
- *God be gracious and act! Change things! Show us Your power! And use us as we seek to follow You in Your heart (vv16-17).*

Additional Reading: [Psalm 14:1](#), [Proverbs 9:10](#), [Luke 12:13-21](#), [Romans 8:18](#), [2 Corinthians 4:17](#)

Prayer of Response

1) After hearing God's Word, what sin do I need to *confess*? From what do I need to *repent*?

2) How should my life be lived this week based on what I have heard? What should I *understand*, *believe*, *desire*, or *do*?

If you missed the sermon on Sunday or would like to listen again, visit our website at <https://fbcum.org/sermons-new/>

***Next week's sermon text:** we turn to **Psalm 124 "God Our Help"**