

"God is Our Refuge" Psalm 90

Moses reminds us that God is our refuge. God's eternality allows his refuge to extend to all generations and His holiness establishes that He provides the only refuge available. Within the shelter of God's refuge, we find a life filled with joy and purpose!

I. The Shelter (1-7)

II. The Storm (7-11)

"I saw the Lord sitting on a throne, lofty and exalted, with the train of His robe filling the temple. Seraphim stood above Him ... and one called out to another and said, "Holy, Holy, Holy, is the LORD of hosts, The whole earth is full of His glory." And the foundations of the thresholds trembled at the voice of him who called out, while the temple was filling with smoke. Then I said, "Woe is me, for I am ruined! Because I am a man of unclean lips, And I live among a people of unclean lips; For my eyes have seen the King, the LORD of hosts." Then one of the seraphim flew to me with a burning coal in his hand, which he had taken from the altar with tongs. He touched my mouth with it and said, "Behold, this has touched your lips; and your iniquity is taken away and your sin is forgiven." Then I heard the voice of the Lord, saying, "Whom shall I send, and who will go for Us?" Then I said, "Here am I. Send me!" He said, "Go, and tell this people: 'Keep on listening, but do not perceive; Keep on looking, but do not understand.'

—Isaiah 6

"Much more then, having now been justified by His blood, we shall be saved from the wrath of God through Him."

—Romans 5:9

III. The Life (12-17)

A. Count Your Days

"LORD, make me to know my end and what is the extent of my days; let me know how transient I am. Behold, You have made my days as handbreadths, and my lifetime as nothing in Your sight; Surely every man at his best is a mere breath."

—Psalm 39:4-5

“Come now, you who say, ‘Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit.’ Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while.”

—James 4:13–14

“Time is free, but it’s priceless. You can’t own it, but you can use it. You can’t keep it, but you can spend it. Once you’ve lost it you can never get it back.”

—Harvey MacKay

B. Make days count

1. Experience joy
2. Experience purpose