

*Finding Yourself in the Psalms*  
*Psalm 90*  
***A Psalm to Help You Keep Things in Perspective***

Pastor Lou and Frank were golfing: **two of them griped endlessly**. "The fairways are too long," said one. "The hills are too high," said the other. "The bunkers are too deep," said the first again. Finally the **LESTER** said, "At least we're on the right side of the grass."

At a shower tea I attended, the last gift to be opened was accompanied by a card reading: "May this always be so," and signed, "Much love, Mother and Dad."

Inside was a beautifully framed, yellowed piece of paper with childish handwriting on it, which had once graced the bulletin board in the bedroom of the young bride-to-be. There were tears in her eyes as she read us the message: "Today we had a test in history. I had to go to the dentist too. We did not win the paper drive. This is the worst day I have ever had in my life."--  
Author Unknown

**God is ETERNAL**  
**We are MORTAL**  
**He is in CONTROL**

- I. 90:1-12 Eternal God  
The oldest psalm! (Moses)
  - A. Looking at God
    - 1. 90:1-2 God is eternal
    - 2. 90:3 Man is mortal (our origin - matter)
    - 3. 90:4 God is not bound by time (the OLDEST man lived less than 1,000)
    - 4. 90:5-6 Man constantly passes away
  - B. Looking at us
    - 1. 90:7 God is HOLY.
      - a. Hebrews 12:14 (NIV)<sup>14</sup> Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord.
      - b. 1 Peter 1:14-16 (NIV)<sup>14</sup> As obedient children, do not conform to the evil desires you had when you lived in ignorance. <sup>15</sup> But just as he who called you is holy, so be holy in all you do; <sup>16</sup> for it is written: "Be holy, because I am holy."
    - 2. Everything will be exposed. 90:8
      - a. 1 Cor 4:5
      - b. Mat 10:26
        - (1) The greater our concealing, the more painful the exposure.
        - (2) The longer we delay confessing, the less control we have over the circumstances.
    - 3. We will return to dust. 90:9-10
      - a. "We have all eternity to celebrate our victories, but only one short hour before sunset in which to win them." *Who Said That? 176*

4. Judgement will be required. 90:10

- a. Galatians 6:7 (NIV)<sup>7</sup> Do not be deceived: God cannot be mocked. A man reaps what he sows.

II. The benefit of a Heavenly perspective. 90:11-17

- A. Freedom from judgement. 90:11
- B. Wisdom. 90:12
- C. Compassion. 90:13
- D. Satisfaction. 90:14
- E. Joy. 90:15
- F. Reward. 90:16-17