

True Satisfaction.

Psalm 90

SERIES “Life Lessons”

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What satisfies you?

Is it a job well done and a good day's work? Is it a warm meal from your favorite restaurant? Is it watching my Dallas Cowboys lose year after year? Think about that question. What is it for you that brings you deep and lasting satisfaction?

Today is week one of a new sermon series called 'Life's lessons' where different pastors will preach on the greatest life lesson; they've learned so far. Today, as you may guess, I will be preaching on satisfaction that truly fulfills.

Let me start with this- we like satisfaction because life is hard. Our days are difficult. There are challenges around every corner. It seems like we can barely catch our breath long enough before the next wave of challenges comes at us. I think about the single mom whose entire day and night are spent caring for her children. I think about the husband and father who gets up early to drive to a job that he doesn't love but pays the bills for his family to have food on the table, clothes on their backs, and hopefully enough money to plan one week a year where they can make a memory and slow down long enough to enjoy their time.

I think about the young adult who has no idea what they want to do or if they are making the right choices but feels the world's pressure on their back to do good enough and learn enough so they can have a 'good future'. I think about the grandma and grandpa who are far from their grandkids and don't get to see them enough because of a strained relationship.

I picture the man or woman who has been in a hospital bed more than their own bed and would do anything to have a sense of normalcy. I think of a couple young adults I minister to whose loved ones have been deported from their country and are torn between staying here with the life they've built or moving home to be with their mom or dad.

Bottom line- life is hard. Our days are short and full of trouble. The Bible is no stranger to this reality. In fact, throughout the Scripture we see men and woman taking their trials and difficulties to God and pleading for help. We see God recognizing their pain and suffering- even more so, we see God plunge Himself into that pain and suffering through the life of Jesus Christ who-

He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. Surely, he has borne our griefs and carried our sorrows..." Isaiah 53:3-4

God has known our troubles and our sorrows. He knows our desire to be satisfied and rest peacefully. Listen to me. God knows that each of you have needs and desires in your everyday life. He knows how hard it's been/ how hard it's going to get. Can I tell you something Christian in the room? The Bible talks a lot about us being God's stewards and that's a beautiful thought. It overwhelms my soul to meditate on the Creator of Heaven and Earth calling me His own and entrusting His resources to me. But here is the reality too- God has decided to trust you with the specific difficulties and trials you are going through.

It is not wrong to want to be satisfied- but the greatest life lesson I have ever learned is this-

True satisfaction is only found in the steadfast love of God

Look with me at Psalm 90. Scholar's debate what the context for this Psalm was but what we do know is that Moses, the man of God, prayed this psalm during Israel's desert plight towards the promised land. Some suggest this was penned in the context of Numbers 20 which teaches that Moses had just lost Miraim, his sister, Aaron his brother and partner in ministry, and was told by God that he wouldn't see the promised land because he disobeyed the commands of God. Talk about a rock bottom moment. No doubt- Moses was seeking satisfaction and where does he turn to? He turns to God in prayer and devotion.

The Everlasting God

Follow along with me-

Moses starts the first two verses Godward (a good idea in your prayer life, Jesus teaches that in the Lord's prayer- begin by orientating yourself to God Almighty)

Lord, you have been our dwelling place in all generations. Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God. Psalm 90:1-2

Moses addresses God as Lord- "Adonai". It's a reverent address to the One true God. It underscores His authority, covenant faithfulness, and relational nearness. It distinctly points to God as the Sovereign One who rules over all.

In your weariness and difficulty, God is *still* Sovereign over all

I heard a life changing challenge from a Pastor named Francis Chan years ago that has shifted the way I pray. He asked the question-

When is the last time you stopped to think about who God is before you prayed to Him?

Not rushing through prayer or starting with the same greeting each time- but stopping your mind and soul and orienting your senses by the Holy Spirit to the Presence of God Almighty. Being still before speaking. Meditating on Who you are about to speak to. I challenge you to take just two deep breathes before praying and see how much different- deeper and reverent your prayer life becomes.

Well Moses, in his desire to find satisfaction, begins by orienting his mind, body, and spirit to the person of God. In the face of difficulty and death, Moses is reminded that the One who speaks to and serves is the everlasting God and the refuge of His people. If you serve the Everlasting God who formed you, breathed life into you, shaped the mountains, sun, moon, stars, oceans, and every creature- what makes you think that your problems are too big for Him? Draw near to Him. He will satisfy you.

The Finite Man

But then Moses hits us with some sobering words-

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 past, or as a watch in the night. 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. For we are brought to an end by your anger; by your wrath we are dismayed. You have set our iniquities before you, our secret sins in the light of your presence. 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 seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away. Who considers the power of your anger, and your wrath according to the fear of you?
Psalm 90:3-11

Isn't it true? Haven't you stood on the shore of the ocean or the top of a mountain, or in front of your loved one's gravesite and realized how small you are in light of all of creation? I feel that way every time I go on an airplane partly because I am terrified it's going to fall out of the sky, but because I am soberly reminded that my giant problems look like ants from God's perspective.

(Illustration) Blade of grass and rope.

I brought this blade of grass from my front yard. Pretty, isn't it? All of the men in the room just compared your yard to mine, didn't you? There always has to be a winner. But Scripture teaches us- in verse 5 and elsewhere in the Bible that our life is like a blade of grass- fresh in the morning with life and vitality yet withered away and gone by the evening.

Verse 10 says our life is by reason 70 or 80- don't worry if you are there or past it- think of it as your 'cherry on top' years! But their span is full of toil and trouble. (Red mark on the rope). Can you see that mark from where you are? No? Well, here is what the Bible teaches us. Our life is this tiny red dot on a much bigger rope. Why would we get so panicked and out of sorts with this tinner little dot when God has called us to all of this?

If you are a Christian in the room, this tiny little red dot will be full of trials and difficulties. In the Hebrew and Greek, both languages portray verse 10-11 with a negative tone- reemphasizing that human life is finite and full of strain. The greater part of our days is labor some and painful. And here is the life lesson I have learned and I am learning...

You cannot look for things within this tiny little dot or this blade of grass to make your life better. Satisfaction will not come from temporary means whether that is the right spouse, income, vacations, or fine dining. You were made for so much more and God wants to give it you! The Lord has done EVERYTHING that was needed in order to provide true lasting satisfaction in your life.

Covenant Satisfaction

Look at how Moses continues-

So teach us to number our days that we may get a heart of wisdom. Return, O Lord! How long? Have pity on your servants! 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. Let your work be shown to your servants, and your glorious power to their children. 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! Psalm 90:12-17

If verses 9-10 describe a calendar filled with painful and hard appointments, verse 14 prays that every line of that same calendar would be written over in red ink with rejoicing because the Lord has caused our hearts to be filled with His covenant love and faithfulness!

That is what Moses had learned in the 40 years he spent leading Israel through the desert. He was called a 'Man of God' but he knew that he was a man who NEEDED God! Have you gotten there? (Pick up the grass or rope) Have you recognized your desire for satisfaction and this world's inability to fulfill it?

God teach me how short my days are so that I may live them in your fullness!

The enemies of a life satisfied in the love of God are

- **Pride**
- **Greed**
- **Comfort**
- **Control**
- **Comparison**
- **Bitterness**

Ask Him for wisdom. The Bible says-

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

Here is what amazes my soul and overwhelms me about the love of God. Verses 5-6 compare our days to pieces of grass alive in the morning and gone in the evening. Verse 10 says that all of our days are full of toil and trouble. BUT... verse 14 says that God can cause all of our days to be filled with rejoicing and gladness BECAUSE of His steadfast love.

A change of circumstances will not satisfy you. Only the covenant love and faithfulness of God will bring true satisfaction into your life.

The original languages- Hebrew and Greek for the Septuagint both emphasis in v. 14 that it is God who causes us to be filled with His love.

Satisfaction is not self-generated. God must be the One who actively fills you with gladness.

When is the last time you came before God Almighty and asked Him to cause you to be satisfied in Him? What if your morning time looked less like a controlled environment with a reading program and more like a relational satisfaction between you and your God?

I'm not saying programs and plans are bad but have you drifted into self-reliance more than Spirit led love?

Look at v. 15 with me as we close-

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

Moses asked God to match the days of hardship and difficulty with days of joy and gladness. **God doesn't ignore our days of trouble... He redeems them.**

Joel chapter 2... God calls His people to repent and draw near to them and then He promises restoration.

“I will restore to you the years that the swarming locust has eaten, the hopper, the destroyer, and the cutter, my great army, which I sent among you. You shall eat in plenty and be satisfied, and praise the name of the Lord your God, who has dealt wondrously with you. And my people shall never again be put to shame. You shall know that I am in the midst of Israel, and that I am the Lord your God and there is none else. And my people shall never again be put to shame.” Joel 2:25-27

I want to close with this quote from Scottish preacher Alexander Maclaren-

“The only thing that will secure life-long gladness is a heart satisfied with the experience of God’s love.” - Alexander Maclaren

The same days, the same life span, the same frail morning. The difference is not that the days get easier—it’s that the heart gets filled with God’s covenant love.

Are you satisfied? Are you weary? Come to God today and He will give you drink from the river of His delights. The only way to God is through Jesus (John 14:6). In the NT, the hosed of God climaxes at the cross and resurrection of Jesus Christ. Christ carried our sins and wrath so that our days, short and filled with troubles, could be reconciled back to God with joy and fruitful labor.

You must come to God by the way of the cross of Jesus Christ in the power of the Holy Spirit who raised Him from that grave. Come and be satisfied. Taste and see that the Lord is good.

True satisfaction is only found in the steadfast love of God

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