I. THE LORD HAS BEEN OUR DWELLING PLACE

Psa. 90:1 ¶ Lord, you have been our dwelling place* in all generations.

—Martin Luther

But Moses wishes to speak with such great care that he may show that all our hopes have been placed most securely in God, and that they who are about to pray to this God may be assured that they are not afflicted in this work in vain, nor die, since they have God as a place of refuge, and the divine Majesty as a dwelling place, in which they may rest secure for ever. Almost in the same strain Paul speaks, when he says to the Colossians, “Your life is hid with Christ in God.” For it is a much clearer and more luminous expression to say, Believers dwell in God, than that God dwells in them. He dwelt also visibly in Zion, but the place is changed. But because he (the believer), is in God, it is manifest, that he cannot be moved nor transferred, for God is a habitation of a kind that cannot perish. Moses therefore wished to exhibit the most certain life, when he said, God is our dwelling place, not the earth, not heaven, not paradise, but simply God himself. If after this manner you take this Psalm it will become sweet, and seem in all respects most useful.

John 14:20 In that day you will know that I am in my Father, and you in me, and I in you.

John 15:4,5 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in
me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

II. THE CREATOR OF ALL THINGS - HE IS GOD FROM EVERLASTING TO EVERLASTING

WHY SHOULD WE FEAR IF GOD FAVORS US

Psa. 90:2 Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.

LUTHER

Such a God (he says) have we, such a God do we worship, to such a God do we pray, at whose command all created things sprang into being. Why then should we fear if this God favors us? Why should we tremble at the anger of the whole world? If He is our dwelling place, shall we not be safe though the heavens should go to wrack? For we have a Lord greater than all the world. We have a Lord so mighty that at his word all things sprang into being. And yet we are so fainthearted that if the anger of a single prince or king, nay, even of a single neighbor, is to be borne, we tremble and droop in spirit. Yet in comparison with this King, all things beside in the whole world are but as the lightest dust which a slight breath moves from its place, and suffers not to be still. In this way this description of God is consolatory, and trembling spirits ought to look to this consolation in their temptations and dangers.
III. MAN’S FRAILTY COMPARED TO GOD’S ETERNAL NATURE

Psa. 90:3 ¶ You return man to dust and say, “Return, O children of man!”*

Psa. 90:4 For a thousand years in your sight are but as yesterday when it is past, or as ca watch in the night.

Psa. 90:5 ¶ You sweep them away as with a flood; they are like a dream,

like grass that is renewed in the morning:

Psa. 90:6 in the morning it flourishes and is renewed;
in the evening it fades and withers.

SPURGEON

Thou carriest them away as with a flood. As when a torrent rushes down the river bed and bears all before it, so does the Lord bear away by death the succeeding generations of men. As the hurricane sweeps the clouds from the sky, so time removes the children of men. They are as a sleep. Before God men must appear as unreal as the dreams of the night, the phantoms of sleep. Not only are our plans and devices like a sleep, but we ourselves are such. “We are such stuff as dreams are made of.” In the morning they are like grass which groweth up. As grass is green in the morning and hay at night, so men are changed from health to corruption in a few hours. We are not cedars, or oaks, but only poor grass, which is vigorous in the spring, but lasts not a summer through. What is there upon earth more frail than we!
IV. MOSES AWARENESS OF THEIR SINS IN THE DESERT - WE HAVE A BETTER COVENANT

Psa. 90:7 ¶ For we are brought to an end by your anger; by your wrath we are dismayed.
Psa. 90:8 You have set our iniquities before you, our secret sins in the light of your presence.
Psa. 90:9 ¶ For all our days pass away under your wrath; we bring our years to an end like a sigh.

Heb. 8:6 But now He has obtained a more excellent ministry, inasmuch as He is also Mediator of a better covenant, which was established on better promises.

1. SINS WASHED AWAY BY HIS BLOOD

2. HIS WORD IS IN OUR HEARTS

3. ACCESS INTO THE HOLIEST OF ALL
4. WE HAVE A HEAVENY HIGH PRIEST

V. NUMBER OUR DAYS - THE TIME IS SHORT

Psa. 90:10  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.

Psa. 90:11  Who considers the power of your anger, 
            and your wrath according to the fear of you?

Psa. 90:12  ¶ So teach us to number our days 
            that we may get a heart of wisdom.

Edwards

How much more would many men prize their time, if they knew that they had but a few months, or a few days more in the world; and certainly a wise man would prize his time the more, because he does not know but that it is so. This is the case with multitudes now in the world that now are in health, and so [see] no signs of approaching death. Many without doubt are to die the next month, and many are to die the next week; many are to die tomorrow that now know nothing of it, and think nothing about it. And neither they nor their neighbors can say [they] are any more likely soon to be taken out of the world than others. How many have died out of this town at one time and another, when neither they nor their neighbors saw any signs of death a week beforehand. And probably there are various persons now here present, hearing what I now say, that are to die in a very little time, that have no apprehension of it.
VI. GRANT US REPENTANCE SO WE CAN ENJOY YOUR PRESENCE

Psa. 90:13  Return, O LORD! How long?
  Have pity on your servants!
Psa. 90:14  Satisfy us in the morning with your steadfast love,
  that we may rejoice and be glad all our days.

VII. THE PENDULUM OF BLESSING

Psa. 90:15  Make us glad for as many days as you have afflicted us,
  and for as many years as we have seen evil.
VIII. SHOW US YOUR POWER IN THE EARTH

Psa. 90:16  Let your work be shown to your servants, and your glorious power to their children.

IX. LET YOUR FAVOR COME UPON US

Psa. 90:17  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!