

Some thoughts on Psalms 90

We recently went back to Indiana for our son's graduation. It was a fun event and celebration during a few days of vacation. They even had a Baccalaureate worship service as part of the graduation. As we came home late following a delayed flight out of Chicago and got home well after dark we unloaded the car. It suddenly dawned on me. Two weeks to the day I would be headed back for the purpose of helping our son move to San Jose, California for a job. These would be days of vacation with a special purpose.

Soon many of you will be headed out for the purpose of vacation. For what kind of purpose? It might be for some much needed rest. It might be for recreation. Sometimes it is easy to think of this as MY time, My purposes, My interest. God certainly does give us time, the days on this earth that we draw breath. What is easy to forget is what Psalm 90 talks about in the opening verses.

1 (A Prayer of Moses, the Man of God.) Lord, you have been our dwelling place in all generations. 2 Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God. Psalms 90:1-2 (ESV)

Sometimes we forget that we exist for God not God exists for us. It is easy to think our life revolves around us including our vacation time. Don't get me wrong - God gives us vacation time that we might be recreated in body, mind and spirit. It is re-creation time not just escape recreation.

Perfect re-creation is focused in God as He touches our lives. He gives rest and refreshment of body. He gives the refreshment of mind as we cease from one activity and are challenged by maybe a new or different activity. He is the one who give refreshment of spirit through His Spirit and Word as it touches our lives. Thus the words of verse 12 - **So teach us to number our days that we may get a heart of wisdom.** True wisdom as Proverbs tells us focuses around God and His work in our lives. Verse 14 speaks of that - **Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.** God's love in Christ Jesus is what makes us rejoice and be glad. Nothing else can take its place. Not any form of physical recreation.

It is that love and favor of God that even brings meaning to our work and service. Verse 17 says: **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!** Whether we work, or play, participate in some form of recreation, or travel near or far, it is the relationship with our God as His children that brings meaning and purpose in our activity. It is not simply an activity for ourselves but with God supplying every breath we take. Without God all activity is as Solomon says "vanity of vanity and a striving after the wind" in the book of Ecclesiastes. God needs to be the very center of our re-creation time. Otherwise it simply becomes another of our selfish self-centered exercises.

The Psalmist closes in verse 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!**

May God's blessing rest upon us as we go about re-creating this summer. May He help us to keep our focus on Him as the center all things.

Pastor Randy