

**Introduction:**

- We finished the fast!
- My title comes from PS 90:1. I have been preaching a series of messages on: Whose Prisoner Are You? The first week we looked at the subject Everyone is A Prisoner of Something. That prison could be sin, rejection, fear, addiction, etc. of goal is to be like Paul...a prisoner of Jesus Christ. The next week we looked at the Gen 3..."Who Told You?" and we discovered that every prison begins with a lie and every prison break starts with the truth. I gave you a simple pathway out of your prison. It is not a quick fix but a life giving change.
- I want to add another arsenal of thought to your prison breaking equipment. Lets read...
- *"Satisfy us each morning with your unfailing love, so we may sing for joy to the end of our lives. Give us gladness in proportion to our former misery! Replace the evil years with good."* (Psalm 90:14-15, NLT)
  - That is a good prayer, right there! Three powerful sentences of prayer. God please answer that one!
- Again, restating the issue: Every prison starts with a lie and every prison break starts with truth. And how you start your day makes all the difference.

**I. Prison By Our Own Device**

- A. We create our own spiritual prisons by believing lies. So our prisons are of our own making or of our own devices. And the first step in getting out is to confess or acknowledge that we are prisoners.
  1. The rock group Eagles sort of had revelation of this. Here is a song most everyone knows: "Hotel California" by the Eagles. There is a line in the song that goes like this: *"Mirrors on the ceiling, pink champagne on ice. She said, "We are all just prisoners here of our own device."* Of our own device??? What does that mean? (IE. a bunch people in the lobby looking at their phones.) That means we are where we are because of our own making. What you do is based on what you believe. And if you are believing a lie(s) then you are in a spiritual prison or going into to a spiritual prison.
  2. What is "our own device?" One of the definitions of device is: something planned or contrived; to plot or scheme. We are in our prison because we believed a lie. Many of you can think about the prison you have made for yourself by your own planning, scheming, and conniving ( your own device.)
    - a) *"So I let them follow their own stubborn desires, living according to their own ideas."* (Psalm 81:12, NLT)
    - b) *"But the people replied, "Don't waste your breath. We will continue to live as we want to, stubbornly following our own evil desires.""* (Jeremiah 18:12, NLT)
    - c) *"Therefore, they must eat the bitter fruit of living their own way, choking on their own schemes."* (Proverbs 1:31, NLT)
    - d) *"So God abandoned them to do whatever shameful things their hearts desired. As a result, they did vile and degrading things with each other's bodies."* (Romans 1:24, NLT)

- B. Let me show you another type of device...it's right here. Hold up your phone. I want to share with you six ways your phone, is very likely, putting you in prison. What is the first thing you reach for in the morning...along with coffee? Yes, your phone. Why do we do that?
1. Six Device issues affecting us: from John Piper. Three are related to hunger and three to avoidance.
    - a) There is a *novelty* hunger—A hunger for something new.
    - b) There is an *ego* hunger. Wonder what people had to say about my FB/instagram post?
    - c) There is an *entertainment* hunger—Attraction to mindless things.
    - d) I pick up my phone to avoid boredom. I do not want a boring day.
    - e) I pick up my phone to avoid responsibility.
    - f) I pick up my phone so I do not have to face certain hardships.
    - g) So there are plenty or reasons/forces that are keeping us in bed with our phones. But your phone will not set you free!
  2. What if...:
    - a) You go to your phone first and it is bad news?
    - b) You go to your phone for some 'ego candy' and some has throw acid on your thoughts?
    - c) You go to your phone to be entertained or avoid responsibility only to find it drags you further down?
- C. What if you start your day with Jesus, it will definitely shape your day.

## II. Twisting the Arm of God

- A. David is not the first to do this.
1. Abraham... "if there are 50 righteous will you spare the city? How about 40? 20? 10?" Abraham talks God down to 10 righteous in the city I will spare it. Gen 18:31
  2. Moses...Ex 32:9-ff. God is ready to destroy Israel and start over with Moses. Moses intercedes for the children of Israel. God relents.
- B. David in this Psalm connects himself to the Land and to God. Psalm 90 almost reads like David is trying to twist God's arm. He is experiencing set backs and in the midst of his pain he is asking hard questions. "WHY GOD?" Have you ever been in that place with God?
1. Psalm 90 reminds us that cries for help are still part of life and even in the midst of praise do not disappear completely.
  2. Psalm 90, then like Psalms 88 and 89, testifies to the fact that things do not go from cries of abandonment to praise in quick fashion.
  3. The Psalm has 4 stanzas and moves from praise to laying out why God should shift from being upset with Israel to restoring them.
    - a) Praise of the eternal God (vv. 1-2)
    - b) Remember how short human life is (vv. 3-6)
    - c) God's great anger with us (vv. 7-12)
    - d) A relationship restored (vv. 13-17)

- C. It is really not about twisting the arm of God but about going to Him in prayer. Abraham was talking to God by appealing to His mercy. Moses was talking to God (prayer) and was appealing to His mercy. When you are in prison and you want out you have to have MERCY! David in this Psalm is appealing to God's mercy. Are you appealing to His mercy first thing in the morning?
1. Mercy in these passages including ours today: *"Satisfy us each morning with your unfailing love, so we may sing for joy to the end of our lives."* (Psalm 90:14, NLT) That sure beats reaching for your device!
  2. Satisfy us each morning...with your unfailing love! Heseled is the Hebrew word. It is a mixture (full strength) of mercy, kindness and love!
  3. "God's heseled was not basically mercy, but (HIS) loyalty to his covenant obligations, a loyalty which the Israelites should also show. Harris, R. L. (1999). [698 TDN](#). R. L. Harris, G. L. Archer Jr., & B. K. Waltke (Eds.), *Theological Wordbook of the Old Testament* (electronic ed., p. 305). Chicago: Moody Press. Not out of obligation but mercy, kindness, and love...relationship! When you find this, you have found satisfaction.
    - a) heseled is the key to finding satisfaction in life! Ie. No wonder the Rolling Stones could never get any satisfaction, they were looking in the wrong places.
    - b) Heseled is God's love and God's love will overcome any prison! He is love and He is truth! Cant get any freer than that!!!

### III. Davids Prays And Finds Freedom

- A. *"Satisfy us each morning with your unfailing love, so we may sing for joy to the end of our lives. Give us gladness in proportion to our former misery! Replace the evil years with good."* (Psalm 90:14-15, NLT)
1. Satisfy us with your heseled (unfailing love)
  2. Give us gladness in proportion to our former misery. Hosea is a picture of this.
  3. Replace the evil years with good.
  4. Ps 90 Starts with the eternal nature of God and ends with us experiencing the eternal nature of God! The Heseled of God will do all the above: satisfy, make glad, and restore.
- B. While the others spend the entire day searching for satisfaction with or on their devices God satisfies his children at the start of their day.
1. Having received satisfaction from God in the morning, believers are liberated each day to glorify God.
  2. Therefore, be careful what you reach for first thing. *"And He said to them, Be careful what you are hearing. The measure [of thought and study] you give [to the truth you hear] will be the measure [of virtue and knowledge] that comes back to you—and more [besides] will be given to you who hear."* (Mark 4:24, AMP)
- C. Culture of Freedom - Last week I gave you 5 things you must do break out of prison this morning is about establishing a culture of freedom in your life.
1. What is your routine? What we are looking for is a routine that fills us with the Spirit!
    - a) Something that gives us zeal for the glory of Christ for the days work!
    - b) We want to be strengthened to face whatever comes our way in the day.
    - c) We want to have joyful courage to consider others better than ourselves.

- d) We want the power to pursue greatness to be a servant of all Mk 9:35.
- e) That should be our agenda first thing in the morning before you start your day. *"Listen to my voice in the morning, Lord. Each morning I bring my requests to you and wait expectantly."* (Psalm 5:3, NLT) Prisons breaks start in the morning and last all day...it is called FREEDOM!!!
2. One, Wake up to worship.
  - a) My alarm on my phone is: Give Me Jesus! You can have everything but give me Jesus.
  - b) First thing out of our mouth: Good morning Holy Spirit./I love your Jesus! I need your help today.
  - c) Bring your sacrifice...that is you and your devotion to Him.
3. Two, Reach for the Word...after you make coffee! Get armed with the Word. With the word we overcome the evil one.
  - a) Jn 6:63 it is Spirit and life.
  - b) Heb 4:12 it is living and powerful.
  - c) It is truth. Jn 17:17
4. Three Pray
  - a) Talk to God.
  - b) Take time to listen.
  - c) Lay your petition before him. Fight for your kids! Dont give in to doubt and unbelief!
5. Fix your eyes on the Author and Finisher of your faith. Be 'hard headed' about this!
6. Do these things, not out of law but principle and you will find satisfaction each morning.
  - a) Would that not change your day!
  - b) Have gladness in proportion to your former misery. Ie. Just being able to speak that way-My former misery.

**Conclusion:**

- Rick Warren makes this interesting observation: "When you live in light of eternity, your focus changes from 'How much pleasure am I getting out of life?' to 'How much pleasure is God getting out of my life?'" APPLICATION: This principle is intended to radically transform all of our relationships, as well as become the new and overriding source of our gratification. When we allow our hearts to be reengineered by God's love, we find that there is far greater pleasure waiting to be experienced beyond what we can get from life.
- "He who has God and many other things has no more than he who has God alone." C.S. Lewis