

BOOKLET ~SUMMER OF PSALMS ~PSALM 91

Day 1

Safe and Sound

Scripture

Psalm 91:2

I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

If you know how big and scary and difficult the world is, this psalm is for you. These are words of comfort: God is our shelter; God will cover us with his feathers spread wide, and under God's wings we will find refuge.

Birds do that by instinct; they see a threat and spread their wings, forming a canopy of protection. Their offspring run for cover and huddle there until the danger passes.

Reflecting on the relationship between God and ourselves, the psalmist says God will protect us in a way like that. We can find refuge under his wings. Surely God will shield and protect us. But it also happens that sometimes a threat doesn't pass us by, and we don't feel protected at all.

The promise is not that pain and tragedy will magically flow around us, but that ultimately nothing can separate us from the reach of our God's arms, from his love.

We live "in the shelter of the Most High"; we rest and find comfort "in the shadow of the Almighty." We do not fear because the all-powerful God of heaven and earth is here with us, walking alongside and in front of us and behind us, as a mother hen who will never abandon her young.

We're safe in God's care, and he is always with us.

Application

- What did you hear? What did the Holy Spirit say to you?
- What do you think and how do you feel about what the Holy Spirit said? How do you feel comforted, convicted & challenged?
- What does the Holy Spirit want you to do now?
- Now talk to Jesus...

<https://today.reframemedia.com/devotions/safe-and-sound>

DAY 2

The Promise of Psalm 91

Scripture

Psalm 91: 1-15 (NIV)

- 1 *Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.*
- 2 *I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."*
- 3 *Surely he will save you
from the fowler's snare
and from the deadly pestilence.*
- 4 *He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.*
- 5 *You will not fear the terror of night,
nor the arrow that flies by day,*
- 6 *nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.*
- 7 *A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.*
- 8 *You will only observe with your eyes
and see the punishment of the wicked.*
- 9 *If you say, "The Lord is my refuge,"
and you make the Most High your dwelling,*
- 10 *no harm will overtake you,
no disaster will come near your tent.*
- 11 *For he will command his angels concerning you
to guard you in all your ways;*
- 12 *they will lift you up in their hands,
so that you will not strike your foot against a stone.*
- 13 *You will tread on the lion and the cobra;
you will trample the great lion and the serpent.*
- 14 *"Because he loves me," says the Lord, "I will rescue him;
I will protect him, for he acknowledges my name.*
- 15 *He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.*

Sometimes in life, we got through events that make us feel neglected, alone, forgotten and abandoned. Those feelings are especially strong when you have gone through a rough break up, loss of a loved one, distance of a friend or just feeling like the third wheel in a given situation. Life's hard knocks always appear to be more than we think we can handle but somehow we stand through them all.

When I open the bible and search for those verses of comfort during times of struggle, Psalm 91 is one of the great writings that soothes and brings that sense of peace during turmoil.

Looking at each verse it starts off by telling you of a secret dwelling place and who is there (v1). The next verse tell you that this is your safe haven, place of refuge (v2). (v3) speaks of your

release from bondage and (v4) tells where you shall rest, nestled under His wings. Next you learn to not be afraid (v5) and that there is no fear of destruction or pestilence (v6). It all may come down around you but it will not come near you states (v7). You are covered and will only watch because you are behind the Lord's shield (v8). No evil will harm your house for you have the ultimate security surrounding you (v9-10). His angels have it under control! (v 9: 11-12). Nasty creatures will not walk on you (v 13) because I have been rescued by the Lord (v 14-15).

I am delivered because He loves me!

**Where do you go when you need rest?
Look to the Lord and His angels that guard you.**

Application

- What did you hear? What did the Holy Spirit say to you?
- What do you think and how do you feel about what the Holy Spirit said? How do you feel comforted, convicted & challenged?
- What does the Holy Spirit want you to do now?
- Now talk to Jesus...

<http://worldprayerblog.org/promise-psalm-91/>

DAY 3

God's Protecting Presence

Scripture

Psalm 91:1 He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." Surely he will save you from the fowler's snare and from the deadly pestilence.

Psalm 91 Begins with: *Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. ...*

One of my greatest privileges is to try to express what **Psalm 91** means to me. ***There is no way to overstate its importance in my life and yours.*** God's covenant promises in **Psalm 91** are dear to his heart. It deals with warfare, relationship, and intercession. In some Bibles, it is subtitled "***The Security Of The One Who Trusts In The Lord.***" I have stood in **Psalm 91** many times, defensively to plead God's shield of protection and offensively to push back the adversary, for myself and others. It is particularly powerful when prayed out loud.

Psalm 91 pictures Biblical confidence and poise. The heart of it is the protected place of abiding safely in God, as we run to our covenant position of settling down under His defense. After establishing who God is, the psalmist describes the work of the enemy. Spiritual warfare is, first of all, about experiencing all the majesty and supremacy of God, who assures us that He is committed to defending us. His commitment is based on his deep covenant love relationship between Him and His people, which the psalm affirms and celebrates in the closing verses. We can confidently claim His rest, refuge, protection, safety, covering, faithfulness, freedom from fear, angelic watchers, deliverance, and salvation.

Take time today to meditate on Psalm 91 in several translations. Do word studies on it. I have written a verse-by-verse reflection on **Psalm 91** many times. Write a personal paraphrase. Cross reference supporting Scriptures. Add other verses that God whispers to you that confirm and expand the truths in **Psalm 91**. Take them deep into your heart, spirit, and life-experience. Most crucially, apply them and see God's power.

We can walk under his protection, keep your eyes on him.

Application

- What did you hear? What did the Holy Spirit say to you?
- What do you think and how do you feel about what the Holy Spirit said? How do you feel comforted, convicted & challenged?
- What does the Holy Spirit want you to do now?
- Now talk to Jesus...

https://thoughts-about-god.com/blog/sg_psalms-91/

DAY 4

When You Call on God, He Will Answer

Scripture

Romans 10:13 *"Anyone who calls upon the name of the Lord will be saved"*

Are you at a place in your life where you need to be rescued? Are you ready to call out for help? It doesn't take a special phone or a bat-signal. All you have to do is ask and Jesus will rescue you. You can ask him to rescue you in any area of your life: a relationship, a financial situation, a health issue, anything. But you have to ask.

In Psalm 91:15, God says, *"When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them"* (NLT). That's not just talk, because God doesn't lie. It would be contrary to his character because he is total truth.

Notice that God says you have to do your part and then he'll do his part. You call, he answers. That's it. Just call on the name of the Lord. And the name of the Lord is Jesus.

It's vital to understand that in any rescue operation, the rescuer gets to determine the means and method of the rescue. You don't get to determine how you are saved. It's not up to you; it's up to your Savior. And Jesus says, *"I am the way . . . No one comes to the Father except through me"* (John 14:6 NIV).

Jesus doesn't say he's a good way or a nice way or even the best way. He says, "I'm it." If there were a plan B, God wouldn't have sent Jesus — his plan A — to Earth to die for you. So if you're going to be saved and have all your sins forgiven, there's only one way it will happen, and there's only one person you can call on: Jesus.

You call, He answers.

Application

- What did you hear? What did the Holy Spirit say to you?
- What do you think and how do you feel about what the Holy Spirit said? How do you feel comforted, convicted & challenged?
- What does the Holy Spirit want you to do now?
- Now talk to Jesus...

<https://pastorrick.com/devotional/english/full-post/when-you-call-on-god-he-will-answer>

DAY 5

I know who I can trust

Scripture

Psalms 91:1-8

1 He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. 2 I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." 3 Surely he will save you from the fowler's snare and from the deadly pestilence. 4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. 5 You will not fear the terror of night, nor the arrow that flies by day, 6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. 7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. 8 You will only observe with your eyes and see the punishment of the wicked.

2 Timothy 1:11-12

11 And of this gospel I was appointed a herald and an apostle and a teacher. 12 That is why I am suffering as I am. Yet I am not ashamed, because I know whom I have believed, and am convinced that he is able to guard what I have entrusted to him for that day.

After Paul became a Christian, he lived with a determined focus on Jesus. All he did was guided by a single principle that kept a view of eternity instead of this world. He suffered a lot for the cause of Christ but he counted it as nothing to be able to know he would be with God in eternity in a home of bliss. He said the worst he could face now would not begin to compare with the glory of that home in heaven. This was because he trusted God and Jesus his Son.

Do we have that same kind of faith today or do we lose sight of our goal and get distracted by the things of this world? It is so easy to do. The things that lead us away from the Lord may not be wrong in themselves. It may just be our job or the kids activities and sports. It is possible to

be so involved in the programs of the church that we fail to serve Christ. The difference is where we keep our focus and in whom we put our trust. Even for preachers and elders there is the danger that we put our trust in ourselves, in our thinking and in our execution of our plans. In doing this we have taken our eyes off of Jesus and lost our faith in him.

Let us live with a determined focus on Jesus

Application

- What did you hear? What did the Holy Spirit say to you?
- What do you think and how do you feel about what the Holy Spirit said? How do you feel comforted, convicted & challenged?
- What does the Holy Spirit want you to do now?
- Now talk to Jesus...

<https://www.ephesuschurchofchrist.org/resources/devotionals/2017/02/24/daily-devotional-psalms-911-8>

HOUSECHURCH MATERIAL

1. Have different readers have the Psalm from 2 or more translations.

2. Reflect between each reading.

Psalm 91

3. Application

1. What did you hear during the reading?
What did the Holy Spirit say to you?
2. What do you think and how do you feel about what the Holy Spirit said?
How do you feel comforted, convicted and challenged from the reading?
3. What does the Holy Spirit want you to do now?
4. Share any of the above discoveries with you houseChurch.
Ask each other, "What is your nugget?"

4. Discussion Questions