



Psalm 91

A Refuge Amidst Chaos

Before doing each lesson, take a moment and pray that the Lord would open your heart, eyes, and ears to hear and receive what he wants for you this day. You can use the following prayer adapted from Ephesians 1:17-21

I pray that the Father of glory, the God of our Lord Jesus Christ, would impart to me the riches of the Spirit of wisdom and the Spirit of revelation to know him through a deeper relationship with him. I pray that the light of God will illuminate the eyes of my imagination, flooding me with light, until I experience the full revelation of the hope of his calling —that is, the wealth of God's glorious inheritances that he finds in me, his holy one. I pray that I will continually experience the immeasurable greatness of God's power that was released when God raised Christ from the dead and exalted him to the place of highest honor and supreme authority in the heavenly realm! May God be exalted above every ruler, authority, government, and realm of power in existence! God you are above every name, not only in this age but forever! -Amen

Lesson 1: Overview

1. Read Psalm 91 in 2 different translations (consider the MSG translation as one)
2. List 3-5 phrases that are meaningful to you and bring you comfort.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
3. Are there things in this passage that you have questions about? If so, what?
4. If you could give Psalm 91 a title, what would it be?
5. Application: What are your biggest fears and worries today? What are ways that you can use this passage to bring you peace?

Lesson 2: Refuge

God is our refuge and strength, A very present help in trouble. Ps. 46:1

Read Ps. 91:1-2

1. Define the word refuge.

2. What do you think it means to "dwell" in the presence of God?

3. Now take those meanings (refuge and dwell) and define in your own words what it means to be in God's presence and what that brings to our life.

4. Read: Ps. 16:11, Hebrews 4:16, Revelation 21:3, Psalm 23:6
What ways does the presence of God comfort you and bring you peace?

5. Application:
 - a. Make an action plan. What are 3 steps that you can take this week in order to enter into God's presence?
 - 1.
 - 2.
 - 3.
 - b. What good comes from dwelling in the Presence of God and how will you feel with more of that in your life?

Lesson 3: Promise of Protection

'If trouble comes upon us, or war, punishment, sickness, or hunger, we will stand before you and before this Temple where you have chosen to be worshiped. We will cry out to you when we are in trouble. Then you will hear and save us.' 2 Chron 20:9

Read Ps. 91:3-4

1. List the promises of God in these verses.
He will.....

2. Read Job 5:10-22
 - a. What characteristics of God do you see in this passage?

 - b. What are the most meaningful to you?

3. Describe a time(s) in your life where you have experienced these promises and characteristics of God in your life.

4. Application:
 - a. In what ways or areas of your life are you needing God's protection?

 - b. Take time to pray and ask the Lord to show you ways that he is already working on your behalf. Write down your revelations.

Lesson 4: Faith not Fear

"These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world." Jn 16:33

Read Ps. 91:5-10

1. What things are we told not to fear? (v.5-8)

2. In what ways are you currently making the Lord, the Most High, your refuge? (Note: Are you taking the action steps from Lesson 2?!)

3. Read Matthew 8:23-26.
 - a. Describe your current storm. What are your biggest fears within the storm?

4. Application: Jesus said to his disciples, "Why are you afraid? Where is your faith?"
 - a. Do you fall in the category of "ye of little faith"? If so, why?

 - b. Jesus was with them in the storm, as well as he is with you. HE is our refuge. How is God calling you to turn your fears of the storm over to him and have faith that He is your shelter within it?

Lesson 5: Our Guard

Do not fear them, for the Lord your God is the one fighting for you. Deut. 3:22

Read Ps. 91:11-13

1. Summarize what you learn about God's protection from these verses.
2. What attitude can you have knowing that angels are guarding your footsteps?
3. Think about all the potential for harm in your life. Could angels be guarding you? Can you think of instance when you were miraculously delivered or protected "against all odds"?
4. Read Deut. 20:4, Is. 54:17, Rom. 8:31, Lk 10:19
 - a. What confidence do you gain from these verses?
5. Application:
 - a. Do you allow God to fight your battles for you or do you try to take control and fight with your own power?
 - b. Take time to meditate on these verses and give your battles and storm over to God.

Lesson 6: Promises

I pray that the God who gives hope will fill you with much joy and peace while you trust in him. Then your hope will overflow by the power of the Holy Spirit. Rom.15:13

Read Ps. 91:14-16

1. What deliverance comes from seeking God's protection?

2. What are we, seekers of His protection, called to do? (v.14)

3. Read John 10:1-15.
 - a. What does a shepherd do for his sheep?

 - b. Who is the Good shepherd?

 - c. Think about the promises of God from Psalm 91. How do these compare to the Good Shepherd?

4. Application:
 - a. In what areas are you needing to love and trust God?

 - b. Do you know that you are a sheep loved and protected by the Good Shepherd? What type of comfort does this bring you?

Reflection/Extra thoughts:

"I leave you peace; my peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled or afraid." John 14:27

1. What are your biggest take-aways from Psalm 91 and the lessons within?
2. How are you challenged or encouraged to find refuge in a time of chaos?
3. What characteristics of God will you call upon during this time?

Prayer:

Father God, you are the Lord Most High. You are my ever present help in time of need. Thank you that I can call upon your name in times of trouble or feeling anxious. Thank you Jesus that I can trust that you are the Good Shepherd and you are watching over me. Lord, guide my steps and give me confidence to navigate this storm I am in. Forgive me Jesus when I try to handle things in my own knowledge and strength. I surrender control to you Father and I choose to dwell in the midst of your presence. Shelter me with your wings and give your peace Lord. In Jesus name, Amen