



Psalms 91

12/05/21 AM

**MY REFUGE AND MY FORTRESS**

**Introduction:**

Structure:

Thesis:

Use(s):

**I. YOU NEED TO HAVE FAITH IN A POWERFUL GOD (vs. 1-2)**

A. by living in His presence (vs. 1)

“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.”

B. by trusting in His protection (vs. 2)

“I will say to the LORD, ‘My refuge and my fortress...’ ”

“My God, in whom I trust!”

Most High (*Elyon*) -  
 Almighty (*Shaddai*) -  
 LORD (*Yahweh*) -  
 God (*Elohim*) -

**II. YOU WILL EXPERIENCE FAVOR FROM A PROTECTING GOD (vs. 3-13)**

1) He will save you. (vs. 3)

“For it is He who delivers you from the snare of the trapper...”

“and from the deadly pestilence.”

2) He will shield you. (vs. 4a)

“He will cover you with His pinions and under His wings you may seek refuge”

3) He will safeguard you. (vs. 4b)

“His faithfulness is a shield and bulwark.”

4) He will shelter you. (vs. 5-6)

“You will not be afraid of the terror by night, or of the arrow that flies by day”

“of the pestilence that stalks in darkness or of the destruction that lays waste at noon.”

5) He will sustain you. (vs. 7-10)

“A thousand may fall at your side and ten thousand at your right hand...”

“but it shall not approach you.”

“You will only look on with your eyes and see the recompense of the wicked.”

“For you have made the LORD, my refuge, even the Most High, your dwelling place.”

“No evil will befall you, nor will any plague come near your tent.”

6) He will secure you. (vs. 11-12)

“For He will give His angels charge concerning you, to guard you in all your ways.” (Luke 4:10-11)

“They will bear you up in their hands, that you do not strike your foot against a stone.”

7) He will strengthen you. (vs. 13)

“You will tread upon the lion and cobra...”

“the young lion and the serpent you will trample down.”

### III. YOU MAY ENJOY FELLOWSHIP WITH A PERSONAL GOD (vs. 14-16)

A. A Loving Relationship (vs. 14)

“Because he has loved Me, therefore I will deliver him”

“I will set him securely on high, because he has known My name.”

B. A Liberating Relationship (vs. 15)

“He will call upon Me, and I will answer him”

“I will be with him in trouble; I will rescue him and honor him.”

C. A Living Relationship (vs. 16)

“With a long life I will satisfy him and let him see My salvation.”

**Conclusion:** How do you dwell with the Most High God?

- 1) daily reading Scripture
- 2) momentary communication to Him
- 3) seek His sanctuary
- 4) fight His enemy
- 5) tell others about it

### **Food for Thought:**

- 1) What is the main thesis of this psalm?
- 2) Relate the four names of God used in this psalm to His power to protect the one who trusts in Him.
- 3) What sorts of protection are promised for those who love God?
- 4) Describe the relationship that a believer can have with Almighty God.