


## God Protects Us

 MEMORY VERSE: "The Lord says, "I will rescue those who love Me. I will protect those who trust in My name. When they call on Me, I will answer; I will be with them in trouble. I will rescue and honor them." Psalm 91:14-15



### PSALM 91:1-4 Faith and Trust in God

God created you, loves you and wants to have a relationship with you. If you choose to allow God to be your "shelter", all these promises are yours.

1. Who finds rest in the Almighty? v. 1 What do you think it means to be live in the "shelter of the Most High" and to find rest in the "shadow of the Almighty?"
2. Verse 2 says God ALONE is David's refuge and place of safety. What areas of your life are filled with stress or worry that you need to take to God and trust Him? How will trusting Him affect your actions and attitude?
3. What does God rescue us from? v. 3 Can you think of some of the 'traps' in our world today?



### PSALM 91:5-13 Protection with God

4. Verses 5-7 list some things that David tells us not to be afraid of. Are you fearful of any of these things? What causes you to be afraid?
5. Reread verses 9-13. What amazing promises does God offer those who "make the Lord their refuge?"
6. How do these promises comfort you after talking about our fears? The really important part here is making God our refuge. How do we do that?



## PSALM 91:14-16 Promises and Blessings

7. Who does God “rescue” and “protect?” v. 14
8. What will God do for them? vv. 15-16
9. Why is it crucial to remember to call on God for help? To trust Him and love Him?
10. In life the Lord may permit terrible things to happen to His children, as He did to His own Son, Jesus. How does having God as a shelter and refuge give you strength and courage no matter what you face?

### BELIEVE THE TRUTH

This Psalm shows us God’s love and care for His people. Our role is to trust in Him completely, to cast all our worries and fears to Him. When we are tired, afraid, or sad, God is our place to find rest and peace. When we feel lonely, God is our place to find shelter. When we just need a safe place, God is always there. How cool is that?

### PRAY THE TRUTH

Heavenly Father, Thank You for Your continued presence with me. Thank You for Your Almighty wings that protect me. Your Words bring hope and comfort to my heart. Victory and salvation are found in You alone. It is in the Mighty Name of Jesus we pray, Amen.

### WALK IN TRUTH



This Psalm is filled with many amazing promises to God’s followers, which one (or two) stuck out to you the most and why?

What is one action you can take this week when you face trouble to ensure that you are trusting God to be your refuge?



## Psalm 91 (NLT)

1 Those who live in the shelter of the Most High  
will find rest in the shadow of the Almighty.

2 This I declare about the Lord:  
He alone is my refuge, my place of safety;  
He is my God, and I trust him.

3 For He will rescue you from every trap  
and protect you from deadly disease.

4 He will cover you with His feathers.  
He will shelter you with His wings.

His faithful promises are your armor and protection.

5 Do not be afraid of the terrors of the night,  
nor the arrow that flies in the day.

6 Do not dread the disease that stalks in darkness,  
nor the disaster that strikes at midday.

7 Though a thousand fall at your side,  
though ten thousand are dying around you,  
these evils will not touch you.

8 Just open your eyes,  
and see how the wicked are punished.

9 If you make the Lord your refuge,  
if you make the Most High your shelter,

10 no evil will conquer you;  
no plague will come near your home.

11 For He will order His angels  
to protect you wherever you go.

12 They will hold you up with their hands  
so you won't even hurt your foot on a stone.

13 You will trample upon lions and cobras;  
you will crush fierce lions and serpents under your feet!

14 The Lord says, "I will rescue those who love Me.  
I will protect those who trust in My name.

15 When they call on Me, I will answer;  
I will be with them in trouble.

I will rescue and honor them.

16 I will reward them with a long life  
and give them My salvation."

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