



## WEEK 4

### The Lord, My Refuge!

This powerful psalm of protection affirms that those who dwell in God's presence find complete security in every circumstance. Through shifting seasons of danger, disease, darkness, and destruction, the Lord remains the believer's refuge and fortress. The psalmist portrays God as intimately involved in our protection—covering us with His feathers, answering when we call, delivering us from trouble, and satisfying us with long life. No matter what calamities may surround us, this psalm declares that the Lord's sovereignty extends over all threats, and those who love Him and acknowledge His name will experience His deliverance and honor.

### THE SCRIPTURE: PSALM 91

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|---|---|----|---|
| 1 | He who dwells in the shelter of the Most High<br>will abide in the shadow of the Almighty.                                    | 10 | no evil shall be allowed to befall you,<br>no plague come near your tent.                                     |
| 2 | I will say to the Lord, "My refuge and my fortress,<br>my God, in whom I trust."  | 11 | For he will command his angels concerning<br>you to guard you in all your ways.                               |
| 3 | For he will deliver you from the snare of the<br>fowler and from the deadly pestilence.                                       | 12 | On their hands they will bear you up,<br>lest you strike your foot against a stone.                           |
| 4 | He will cover you with his pinions, and under his<br>wings you will find refuge; his faithfulness is a<br>shield and buckler. | 13 | You will tread on the lion and the adder;<br>the young lion and the serpent you will<br>trample underfoot.    |
| 5 | You will not fear the terror of the night, nor the<br>arrow that flies by day,  | 14 | "Because he holds fast to me in love, I will<br>deliver him; I will protect him, because he<br>knows my name. |
| 6 | nor the pestilence that stalks in darkness, nor the<br>destruction that wastes at noonday.                                    | 15 | When he calls to me, I will answer him;<br>I will be with him in trouble;<br>I will rescue him and honor him. |
| 7 | A thousand may fall at your side,<br>ten thousand at your right hand,<br>but it will not come near you.                       | 16 | With long life I will satisfy him<br>and show him my salvation."  |
| 8 | You will only look with your eyes<br>and see the recompense of the wicked.  |    |   |
| 9 | Because you have made the Lord your dwelling<br>place— the Most High, who is my refuge—                                       |    |   |

## LIFEGROUP QUESTIONS: WEEK 4

### OPENING QUESTIONS

1. What helps you feel secure when facing uncertain situations? (This could be a person, place, practice, or possession.)
2. Describe a time when you felt protected from a dangerous or threatening situation. Did you sense God's hand in that protection?

### DIVING DEEPER

3. Psalm 91 begins by describing God as "the shelter of the Most High" and "the shadow of the Almighty" (v1). What do these images suggest about the nature of God's protection in our lives?
4. This psalm emphasizes "dwelling" and "abiding" with God (v1). What spiritual practices help you maintain this close, dwelling relationship with God during uncertain times?
5. Verses 5-6 mention terror by night, arrows by day, pestilence, and destruction. How does the psalmist's confidence in God's protection during these various dangers speak to your current anxieties and fears?
6. The psalm promises that "no evil shall be allowed to befall you" (v10). How do you reconcile this promise with the suffering that believers sometimes experience? What kind of protection is the psalmist really describing?
7. Verses 11-12 (which Satan quoted when tempting Jesus in Matthew 4) speak of angelic and so the Lord's protection in our lives. How should we properly understand these verses without testing God as Satan encouraged Jesus to do?
8. The psalm uses several animal images to describe threats (lion, cobra, serpent in v13). What are the modern-day "lions and cobras" that cause fear and uncertainty in our society or in your personal life?

9. God speaks directly in verses 14–16, promising deliverance and honor to those who “hold fast to me in love.” How does genuine love for God relate to our trust in His protection?
10. In verse 15, God promises: “I will be with him in trouble; I will rescue him and honor him.” How does God’s presence with us in trouble—even before the rescue comes—provide comfort in itself? Share an experience when you felt God’s presence in the midst of a trial.
11. The psalm concludes with God’s promise to “satisfy him with long life” (v16). How would you explain this verse to someone who is relatively new in their faith?