



7 Day Psalm 91 Study

Day 1...Psalm 91:1-2

Day 5...Psalm 91:11-12

Day 2...Psalm 91:3-4

Day 6...Psalm 91:13-14

Day 3...Psalm 91:5-7

Day 7...Psalm 91:15-16

Day 4...Psalm 91:8-10

Day 1

Verse 1 states, "those who live in the shelter of the Most High will find rest..." Let's put this a different way, "Those who live in the presence of God, will find His rest..." Do you live in the presence of God or just visit? Could this explain some points of "unrest" in your life? Explain below.

Day 2

Looking back, can you recall a time you know the Lord rescued you, or in hindsight, you can see how He sheltered and protected you? Recall and explain below.

Day 3

Commentators explain how verses 3-4 show God's protection from the hidden dangers--a trap or a snare. Verses 5-7 assure us of God's protection from the more obvious dangers: terrors of the night, arrows, diseases, disasters, and destructions. These verses bring to mind the beautiful imagery of a hen calling her baby chicks to herself when there is danger. Not only does she call them to herself, but she also shelters them under her wings for protection.(Matthew 23:37 uses this imagery as well.) It's not just God's "wings" that protect and shelter us, it's also His promises. Can you recall one of God's promises? (If you can't, no worries! SShhh, I have a surprise. Shoot me an email asking for the "Promises of God" Scripture Writing Plan and I'll send it to you!)





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Day 4

I don't know about you, but after yesterday's verses, I wondered, "Why do bad things happen?" I think today's verses help answer that question or at least explain it. Verse 10 states "no evil will conquer us," and I would argue, "But what about...?!"

But what if, my vision is lacking? What if my idea of "no evil conquering me" is limited to this life alone? That would be a very short-sighted expectation considering I'm created for eternity. People suffer and die in this life and that might seem like a victory for evil. But is it? Journal your thoughts below on how the appearance of loss in this earthly life does not equal a victory for evil.

Day 5

Do you know the "Guardian Angel" Prayer? Say this prayer today for yourself and if you have children, pray this prayer over them. "Angel of God, my guardian dear, to whom God's love entrusts me here, ever this day be at my side to light, to guard, to rule, to guide." Amen.

Day 6

Do you trust our Lord? Let's back this up a bit. How or why do you trust someone? I think one of the first steps in trust is knowing the person we are placing our trust in--we trust them because we know them. If you're struggling with trusting God, knowing God better can be a means to trusting Him more. How can we grow in our knowledge of God?

Day 7

According to verse 15, **when** will the Lord answer us, be with us, rescue and honor us, reward us with a long life and His salvation? _____

