

Be Still and Know: Beholding God in the Psalms

Lesson 6: My Refuge and My Fortress

Psalm 91

Main idea: The only dependable antidote for fear is a deep, abiding awareness of God as our REFUGE.

- I. **The refuge of God's presence is a _____ dwelling.** (vv. 1, 2)

Dwell: to inhabit, be settled, sit, remain

Abide: to stay, lodge, rest, remain

Note the 4 divine names used:

- Most High (Elyon)
- Almighty (Shaddai)
- The Lord (Yahweh)
- My God (Elohim)

- II. **The refuge of God's presence is a place of _____ care and fierce, unrelenting _____.** (vv. 3-10)

"It is impossible that any ill should happen to the man who is beloved of the Lord. The most crushing calamities can only shorten his journey and hasten him to his reward. Ill to him is no ill, but only good in a mysterious form. Losses enrich him, sickness is his medicine, reproach is his honor, death is his gain. No evil in the strict sense of the word can happen to him, for everything is overruled for good. Happy is he who lives in such a case. He is secure where others are in peril, he lives where others die." (Spurgeon, *The Treasury of David*)

III. **The refuge of God’s presence is guarded by _____.** (vv. 11-13)

Michael Wilcock’s insight on Satan’s use of these verses in the temptation of Christ: “Satan is manipulating Psalm 91 to make it apply where it does not apply. The insurance policy is invalid in cases of willful misuse. The promise does not give Jesus—or the psalmist’s contemporaries, or us—carte blanche to embark on any project that he, or they, or we may dream up, believing that it will be automatically covered by the policy. Rather, it is for those who love, acknowledge, and call upon God (vv. 14–15), and who in that spirit of devotion and submission *want only to go his way and not their own*. Those are the terms to which the insured party has to agree. To ignore them and then to expect his protection is, as Jesus said, a foolish and wicked attempt to put God to the test. (*The Message of Psalms: Songs for the People of God*, J. A. Motyer, Ed., Vol. 2, pp. 81–82)

IV. **The refuge of God’s presence is enjoyed through continual _____ and meditation on God’s _____.** (vv. 14-16)

Note the 8 “I will” statements:

- | | |
|------------------------------------|-------------------|
| 1) I will deliver | 5) I will rescue |
| 2) I will set him securely on high | 6) I will honor |
| 3) I will answer | 7) I will satisfy |
| 4) I will be with him | 8) [I will] save |

The truths of Psalm 91 allow us to shift our thinking from “What if....?” questions that fuel our fears to “Even if...!” statements that flow from faith.

Time to “marinate”:

- 1) What stood out to you the most about today’s lesson and why?
- 2) What fears most often disrupt your peace?
- 3) How has God proven Himself to be a faithful refuge in your life?
- 4) Take your most haunting “What if...?” question and turn it into an “Even if...!” statement.