

LESSON 29

THE LORD: THE MIGHTY PROTECTOR

Psalm 91

- ¹He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.
- ²I will say to the Lord, “My refuge and my fortress,
my God, in whom I trust.”
- ³For he will deliver you from the snare of the fowler
and from the deadly pestilence.
- ⁴He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
- ⁵You will not fear the terror of the night,
nor the arrow that flies by day,
⁶nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.
- ⁷A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.

WELCOME: *Fixing Our Focus*

Ask the members to group in pairs. Give them one minute to list down songs that indicate God’s ability to protect or save his bride from harm. The pair that has the longest list wins. The members may pick two songs from the winning list that the whole group will sing before studying the passage.

WORSHIP: *Adoring Our God*

Suggested songs:

A Mighty Fortress is Our God by Martin Luther
Your Name by Paul Baloche

WORD: *Understanding the Word*

Lesson Aim: Members will embrace God’s longing to always protect them and will recognize that they can only experience the full expression of His protection if they are intimate and obedient to Him.

Introduction

The civil unrest in Syria is dubbed as the second deadliest war in the 21st century. Amid the fired shots, bomb explosions, and air strikes, Christians keep their life in tune by reciting Psalm 91 to themselves and to one another day and night, as a reminder that their Lord is sovereign and is able to protect.

You may not be living in the same environment as the church in Syria. Still, you may have experienced a time when everything felt uncertain. Your anxiety was based on your surrounding circumstances, and the only thing you felt certain was the worst was yet to come. What became your refuge? How did you cope with it? Share with the group.

Leader: Lead in reading Psalm 91:1-7 aloud together. Then read the paragraph on the “Key Verse.”

Key Verse: God is most high—there is no authority higher than his—and he is almighty—nothing is impossible for him. Therefore one who seeks refuge in him need not fear anything, as mentioned in verse 1, “He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.”

Psalm 91:1-7. Theme: _____

1. What are the names and descriptions of God that the psalmist lists in verses 1-2? What do you learn about through these?
2. The psalmist was not shy in declaring that he trusts his Lord. He gave reasons for his trust in verses 3-7. Identify and explain the meaning or implication of each one.

In the space above, write what you think is the theme of verses 1-7.

Psalm 91:14-16. Theme: _____

Read verses 14-16 together.

- ¹⁴“Because he holds fast to me in love, I will deliver him;
I will protect him, because he knows my name.
¹⁵When he calls to me, I will answer him;
I will be with him in trouble;
I will rescue him and honor him.
¹⁶With long life I will satisfy him
and show him my salvation.”

6. Verses 14-16 is another emphasis of God’s promise to protect those who abide in and make him their shelter. How are they different in the previous verses? Who is the one making the statements?
7. What does that tell us about the God we serve?

In the space above, write what you think is the theme of verses 14-16.

WALK: *Applying the Word*

Questions for Adults

1. Of the descriptions made by the psalmist, who is the Lord to you at this time?
 - Most High
 - Lone Refuge
 - God
 - Almighty
 - Place of Safety
2. Share with the group, what has God done that reminded you of his constant protection and unlimited strength?
3. What are the current evils of the day? How can we thrive amid the troubles that they bring?
4. Among the list of promises that were made in verses 10-13, is there anything that you doubt or second-guess? Share, discuss, and pray about it/them with the group.

5. Pray for our spiritual family in Syria, and in places where it is difficult to live as followers of Jesus Christ.

Questions for the Youth

1. What do you need protecting from? What do you need God to shield you from right now? Share these with the group.
2. How does the Psalm's description of God make you feel? How do you think can God's presence be made real to you right now?
3. God also calls us to do our part and "hold steadfast" as He continues to work. What do you think you can do while waiting on the Lord?

Questions for Children

1. What are the things you are afraid of or worried about? What is it about them that makes you fear or worry?
2. What does making God your refuge mean for you? How can God be your refuge from the things you are worried about or afraid of?
3. What characteristics or attributes of God make him a safe and sure refuge?