

# Psalm 91

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# Psalm 91 (NLT)

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- 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.”

“I have told you these things, so  
that in me you may have  
peace. In this world you will have  
trouble. **But TAKE HEART! I  
HAVE OVERCOME the  
world.”**

– John 16:33 –

# 1. REST IN HIM -

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- v1 - Those who live in the shelter of the Most High **will find rest** in the shadow of the Almighty.
- NKJV - V1 **He who dwells in the secret place** of the Most High. Shall abide under the shadow of the Almighty.
- **1 Peter 5:7** - Cast all your care[s] upon him; for he cares for you.

## 2. REMEMBER WHO HE IS

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- Those who live in the shelter of the **Most High** will find rest in the shadow of the **Almighty**. This I declare about the **Lord**: He alone is my refuge, my place of safety; he is my **God**, and I trust him.

- **The MOST HIGH - (Elyon) -**
  - He is higher than the kings of the earth
  - Elevated above all things
  
- **ALMIGHTY - (Shaddai) -**
  - The all sufficient God
  - More than able to supply all our needs
  
- **LORD - (Yahweh/Jehovah) -**
  - Jehovah the covenant making God
  
- **GOD - (ELOHIM) -**
  - Gen 1:1 - In the beginning GOD.....He is the 1ST!!
  - The Master of the universe the most Powerful One

**“God is our refuge and strength, an ever-present help in trouble.”**

**– Psalm 46:1 –**

“I look up to the hills. Where  
does my help come from? **My  
help comes from the Lord.**  
He is the Maker of heaven and  
earth.

– Psalm 121:1 –

# 3. RECITE HIS PROMISES

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- 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.**”
- **2 Corin 1:2.** For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God.