

## Beauty for Ashes—Psalm 91—March 29th, 2020

In light of the recent tornado in Tennessee and the outbreak of COVID -19, our communities are facing an unprecedented situation. How can we move forward in faith when we are told not to leave our homes? We are praying Psalm 91 for 91 days. In your home this week, or through video conferencing with your Small Group, consider how this practice allows you to let go of fear and bring you the peace of God.

### Daily Reading and Reflection

Each day this week, pray through Psalm 91 and close with this or your own prayer.

*God, we look to your promises throughout the scriptures. The whole Bible is an unfolding of your gracious love for us. Thank you God for letting us rest with you as our shelter and your angels as our protection. Amen.*

As you pray Psalm 91 here are some things to consider:

- Are the words you're praying connecting to how you are feeling, or the longing of your heart?
- You may chose to pray one section of the prayer at a time and spend time reflecting on each.
- Write your own Psalm to God in the righthand column. Use Psalm 91 as a guide.
- Ask what these words mean for your life in your current situation.

### **Psalm 91 (New Living Translation)**

Those who live in the shelter of the Most High  
will find rest in the shadow of the Almighty.

<sup>2</sup>This I declare about the Lord:

He alone is my refuge, my place of safety;  
he is my God, and I trust him.

<sup>3</sup>For he will rescue you from every trap  
and protect you from deadly disease.

<sup>4</sup>He will cover you with his feathers.

He will shelter you with his wings.

His faithful promises are your armor and protection.

<sup>5</sup>Do not be afraid of the terrors of the night,  
nor the arrow that flies in the day.

<sup>6</sup>Do not dread the disease that stalks in darkness,  
nor the disaster that strikes at midday.

<sup>7</sup>Though a thousand fall at your side,  
though ten thousand are dying around you,  
these evils will not touch you.

<sup>8</sup>Just open your eyes,  
and see how the wicked are punished.

## Beauty for Ashes—Psalm 91—March 29th, 2020

- <sup>9</sup> If you make the Lord your refuge,  
if you make the Most High your shelter,  
<sup>10</sup> no evil will conquer you;  
no plague will come near your home.  
<sup>11</sup> For he will order his angels  
to protect you wherever you go.  
<sup>12</sup> They will hold you up with their hands  
so you won't even hurt your foot on a stone.  
<sup>13</sup> You will trample upon lions and cobras;  
you will crush fierce lions and serpents under your feet!
- <sup>14</sup> The Lord says, "I will rescue those who love me.  
I will protect those who trust in my name.  
<sup>15</sup> When they call on me, I will answer;  
I will be with them in trouble.  
I will rescue and honor them.  
<sup>16</sup> I will reward them with a long life  
and give them my salvation."

### **With your Small Group**

- How is it with your soul? Name any joys and celebrations you are experiencing. Share the places where you experience fear and anxiety. How are you experiencing the presence of Christ in these days?
- Read Psalm 91.2. Compare these words with the words of Jesus spoken to his disciples in the days leading up to his crucifixion.

This I declare about the Lord:  
He alone is my refuge, my place of safety;  
he is my God, and I trust him. Psalm 91.2

"Do not let your hearts be troubled, trust in God, trust also in me. In my Father's house there are many dwelling places." John 14.1-2a

Pastor Jacob asked the question: Where are you dwelling these days? Fear? Trust?