



## WEEKLY STUDY

### ***Summer in the Psalms - Week 8***

In addition to praying daily through the Psalms, we are focusing on Psalm 91 this week. It is a Psalm of trust and protection. In many ways, this hits at the core of our dependency upon God. As you read and pray this week, may you find hope in God's attentiveness to your situation.

Please note our prayer focus for the week in the box below. Join us in seeing what God will do as we unite in prayer.

Peace of Christ,  
Pastor Mark Youngman

If you are studying with your Providence Small Group or Discipleship Group, you can share from your own daily reflections and consider the Group Discussion questions below. If you would like to get connected visit [prov.church/smallgroups](http://prov.church/smallgroups).

Prayer Focus:

- Pray for someone who is feeling stuck and filled with fear...even hopelessness. Pray that they would be filled with hope in God's unending love for them.

## DAILY STUDY

### **MONDAY: PSALM 91 (NIV)**

<sup>1</sup> *Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.*

<sup>2</sup> *I will say of the LORD, "He is my refuge and my fortress,  
my God, in whom I trust."*

<sup>3</sup> Surely he will save you  
from the fowler's snare  
and from the deadly pestilence.

<sup>4</sup> He will cover you with his feathers,  
and under his wings you will find refuge;  
his faithfulness will be your shield and rampart.

<sup>5</sup> You will not fear the terror of night,  
nor the arrow that flies by day,  
<sup>6</sup> nor the pestilence that stalks in the darkness,  
nor the plague that destroys at midday.

<sup>7</sup> A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you.

<sup>8</sup> You will only observe with your eyes  
and see the punishment of the wicked.

<sup>9</sup> If you say, "The LORD is my refuge,"  
and you make the Most High your dwelling,  
<sup>10</sup> no harm will overtake you,  
no disaster will come near your tent.

<sup>11</sup> For he will command his angels concerning you  
to guard you in all your ways;  
<sup>12</sup> they will lift you up in their hands,  
so that you will not strike your foot against a stone.

<sup>13</sup> You will tread on the lion and the cobra;  
you will trample the great lion and the serpent.

<sup>14</sup> "Because he loves me," says the LORD, "I will rescue him;  
I will protect him, for he acknowledges my name.

<sup>15</sup> He will call on me, and I will answer him;  
I will be with him in trouble,  
I will deliver him and honor him.

<sup>16</sup> With long life I will satisfy him  
and show him my salvation."

- One of the overall themes of Psalm 91 is that those who put their trust in God will find security and protection in him. These themes are prevalent in our world today. What are some of the things we put our trust in (other than God) for our security? It is a constant struggle to gauge our own responsibility to provide for our (and our loved one's) security and yet to ultimately trust in God for our safety. We all do this. How do we live differently if we are able to say to God, "I have taken the steps I can take, but I place it all in your hands and trust you to provide for my protection."?

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- **Prayer Prompt: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. <sup>25</sup>For whoever wants to save their life will lose it, but whoever loses their life for me will find it.” (Matthew 16.24-25)**
- *God, you know that fear and anxiety are real. I live in a world where evil exists. And yet I want to utterly depend on you for my life. Help me to take up my cross and follow Jesus. Amen.*

**TUESDAY: PSALM 91 (NIV)**

- In Psalm 91, God says, “I will rescue you.” You might relate to the language in verse 3. Does it feel like you are being snared at every turn? Are there circumstances beyond your control that are holding you back? Of all of the promises of rescue we hear in the world today, only God can truly rescue from all that comes against you. How does your heart respond to this promise?

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- **Prayer Prompt: The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen. (2 Timothy 4.18)**
- *God, at times I feel the weight of the world, and its entrapments all at once. Come and rescue me from the fowler's snare and let me rest in your salvation. Amen.*

**WEDNESDAY: PSALM 91 (NIV)**

- Verse 4 says that God will cover you up and you’ll find refuge under his wings. God says “I will protect you.” If you claim that God is your refuge and make God your dwelling place, then you can be assured that he will cover you, you are under His protection. Can you make that claim in the space below?

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- **Prayer Prompt: The angel of the LORD encamps around those who fear him, and he delivers them. (Psalm 34.7)**
- *Lord God, it may look like I’m surrounded, but I’m surrounded by you! You are my refuge and I want to make your presence my home. Amen.*

**THURSDAY: PSALM 91 (NIV)**

- Verse 15 says that God will hear the one who calls on him.. God says, “I will answer you.” Have you ever felt like you’ve been knocking on God’s door for days and considered He must just not be home? This one can require some persistence. God loves our persistence. Continue to seek and to knock, God WILL answer those who cry out to him. What are you asking of God today?

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- **Prayer Prompt: “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” (Matthew 7.7)**
- *O God, you know the desires of my heart, and you know the timidity in which I sometimes ask of you. Give me boldness to cry out to you and confidence in your reply. Amen.*

**FRIDAY: PSALM 91 (NIV)**

- Verse 15 also says that God will honor the one who calls on him. God says, “I will honor you.” This is difficult for us to receive. The God of the universe will honor us? The One who created us, gave breath to our lungs and life to our souls...that God will honor us? When we begin to receive this gift of God’s redeeming relationship with us, it becomes more and more clear that God desires to be known by us. He doesn’t need it, but God wants it for us. God honors the “you” God created you to be. Sit with that for a moment today. What does it say about God that God would honor you?

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- **Prayer Prompt: Those who honor me I will honor, but those who despise me will be disdained. (1 Samuel 2.30.b)**
- *Loving God, I honor you. With my life and my words, I honor you. With my relationships with others and with the world around me, I honor you. Thank you for honoring me. I am humbled. Amen.*

## SATURDAY: PSALM 91 (NIV)

- Verse 16 says that God will show us his salvation. God says, “I will show you.” God wants you to see the salvation that he has prepared for you. Why would he do his redeeming work in Jesus Christ and not want you to see it? Your rescue is on display right now. What are the signs that are pointing to the new and eternal life he has given you?

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- **Prayer Prompt: But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (Romans 5.8)**
- *God, I certainly do not deserve the salvation you have made possible for me. But I see your love in the sacrifice made by Jesus on the cross. I see your beauty in creation, and your promise in the skies. I look up to the cross and find all I need for eternal life. Amen.*

## GROUP DISCUSSION

As a group, commit to reading a Psalm each day throughout the next several months (until October). You may have received a handout at Providence that will help you to keep track. When you come together as a small group, share with one another the ways in which God is speaking to you through each Psalm.

### **This week: Psalms 50-56**

Does this Psalm reflect your words to God?

What is God saying to you through this Psalm?

Is there something you are invited to do in response to this Psalm?

What challenges you about this Psalm?