

He who dwells in the shelter

Psalm 91:1-16

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does God promise to do for the one who dwells in his shelter and holds fast to him in love?

2. What does it show me about people — and about myself?

Which of the fears named in this psalm — night terrors, hidden dangers, what others might do — feels closest to your own life?

3. What will I obey this week? (a concrete step, with a day)

What would it look like this week to make the Lord your refuge instead of your fears?

4. Who will I tell?

Who do you know who lives afraid and needs to hear these promises read aloud?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Most High God, thank you that whoever dwells in your shelter rests in your shadow. Today I make you my refuge — I will trust you and not live afraid.



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