

My refuge and my fortress

Psalms 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 dangers does this psalm name, and what does God promise to be for the one who takes refuge in him?

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

Which fear — of the night, of sickness, of what could strike without warning — keeps coming back to you?

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

When that fear returns this week, how will you take shelter in God instead of just enduring it alone?

4. Who will I tell?

Who is living afraid right now and needs to hear about this refuge?

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, you are my refuge and my fortress. When fear comes by night or by day, hide me under your wings and hold me in your faithfulness.



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