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I DECLARE

student **PSALM 91 PRAYER JOURNAL**

how to read the PSALMS

CONSIDER

Over the next 3 weeks, we're going to be reading, contemplating, praying through, and responding to Psalm 91. The Psalms are a wonderful collection of poems and songs that reflect on very human experiences: being afraid, being lonely, having good friends, experiencing victory. To get the most out of this study, it's important to understand what the book of Psalms is meant to do for us, and how we can read it best. So to start our study of Psalm 91, watch the Bible Project's video, "How to Read the Bible: Psalms."

www.bibleproject.com/videos/book-of-psalms

RESPOND

Pray that, in the coming weeks, God's Spirit would speak to you. Pray that you would have ears to hear Him. Pray that God gives you a deeper understanding of who He is, and that He inspires you to reflect Him to the world around you. Use the space provided to write down the thoughts that come to you as you pray.

DAY ONE

DAY ONE

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

PSALM 91:1



CONSIDER

What do you think of when you think of rest? Time off from school? Playing video games? Hanging out with friends? Whatever comes to your mind, rest is a wonderful, powerful thing. In fact, rest is an important part of God’s plan for humans. After creating the world, God dedicated an entire day to resting from work. Jesus says that this day of rest (Sabbath) was made for people: that we were invited to join God in resting and enjoying His creation (Mark 2:27). Jesus’ call to the tired and weary is this: “I will give you rest.”

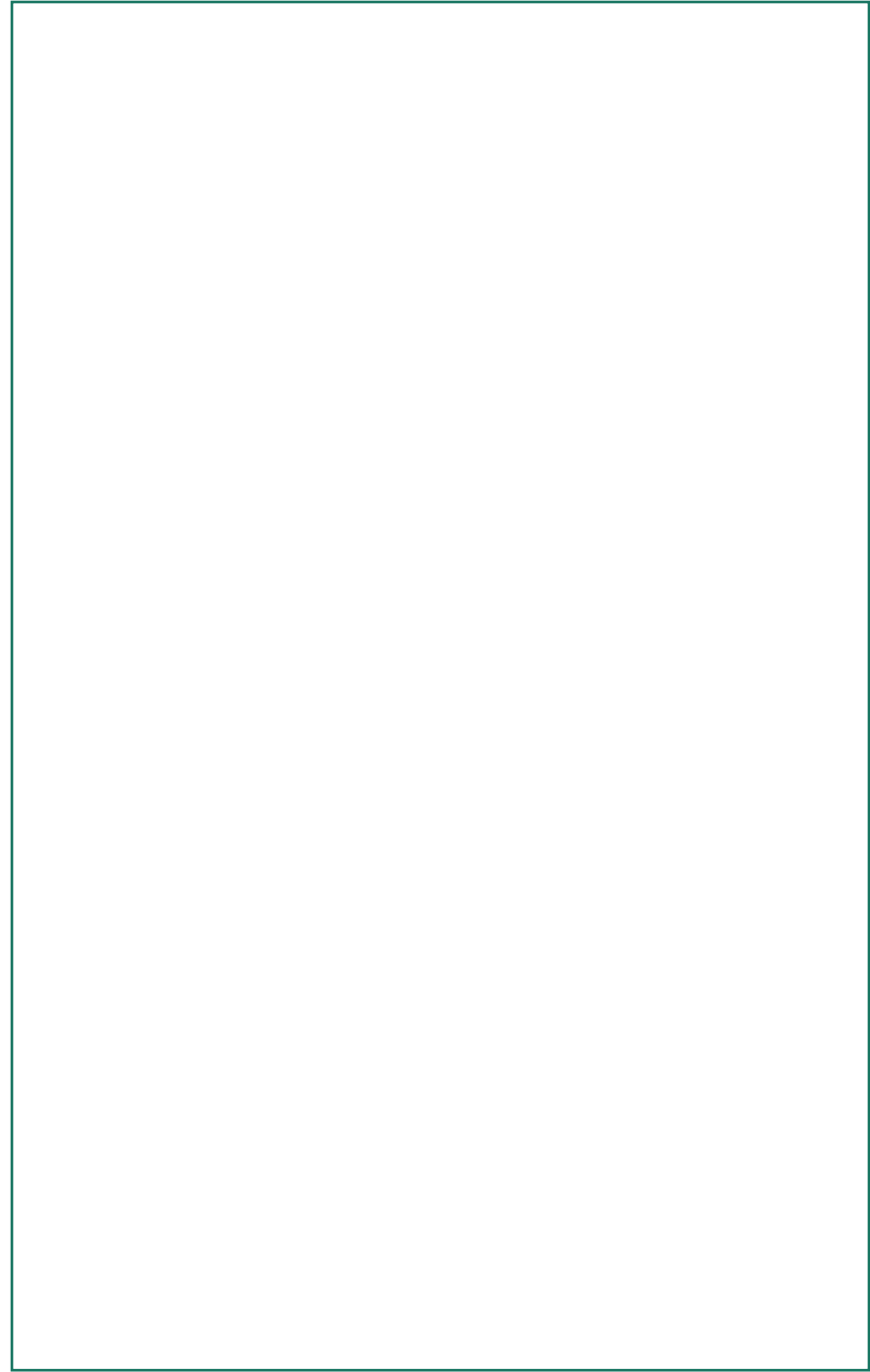
RESPOND

Speaking Prayer

Take 5-10 minutes to pray. Tell God the ways in which you feel you need rest. Don’t be afraid to bring your weakness, doubt, questions, or anger to God. Speak to Him, knowing that He is listening and He understands. Use the space provided to write down the thoughts that come to you as you pray.

DAY TWO

DAY TWO



**“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

CONSIDER

When I was a child, I loved forts. In a fort, I was safe from the imaginary threats of childhood. The problem was that my forts were too easily destroyed. It was hard to build a fort that can withstand a younger brother. But true security came when my Mom or Dad were in my fort with me. Their presence put all fears and dangers out of my mind. Even if the fort did collapse, I was safe. God promises that to us: not that we won't experience collapse, but that He will be with us even when they do.

RESPOND

Listening Prayer

Take 5-10 minutes to pray. Listen to what The Spirit wants to say to you. How does God want to give you refuge? How has He already given you safety? Use the space provided to write down the thoughts that come to you as you pray.

DAY THREE

DAY THREE

“For He will rescue you from every trap and protect you from deadly disease.”

PSALM 91:3

CONSIDER

What does this passage mean in the midst of a global pandemic? Many followers of Jesus have gotten sick, some have lost their lives. Does that mean that they have displeased God? Certainly not. Does it then mean that this promise is false? No. God is absolutely capable of saving people from deadly traps and diseases, and He has done this for some. What He promises to do for all is to save us from the fear that these things can command. God’s promise of love and relationship goes beyond the grave, and so we do not have to fear traps, diseases, or any other danger. God has already rescued us from these things, and given us a bright future.

RESPOND

Praying “Outside”

Take 5-10 minutes to pray. Pray for someone other than yourself, an individual or group. Pray that God’s promise of protection and rescue is made real to them: that He rescues them and saves them. Use the space provided to write down the thoughts that come to you as you pray.

DAY FOUR

DAY FOUR

“He will cover you with His feathers. He will shelter you with His wings. His faithful promises are your armour and protection.”

PSALM 91:4



CONSIDER

Near the end of His life, Jesus quoted this Psalm. He was in Jerusalem, confronting the corrupt religious leaders and teachers of the law. He compared Himself to a mother hen, longing to protect her children under her wings. But her children would not listen and not let her protect them. Consider this: even when we disobey and turn away from God, He stills longs to protect us, even if it is from ourselves. He will always be there to take us back under His wings.

RESPOND

Praying “Inside”

Take 5-10 minutes to pray. Look inside yourself. Ask God to reveal the ways that you have disobeyed Him, and turned away from Him. Bring those parts of yourself to Him, turn back towards God and know that He is waiting for you. Use the space provided to write down the thoughts that come to you as you pray.

“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. For He will rescue you from every trap and protect you from deadly disease. He will cover you with His feathers. He will shelter you with His wings. His faithful promises are your armor and protection.”

PSALM 91:1-4



Lectio Divina (Devine Reading)

Take 15-20 minutes to practice Lectio Divina: a way of inviting God to speak to you while reading Scripture. The passage you'll be reading is Psalm 91:1-4. Before you begin reading, take some time to prepare and ask God to speak to you as you read. Write your reflections and God's words to you in the space provided.

***You can find instructions for Lectio Divina at the back of this guide.**

Real Life REFUGE



Today is about how what we're learning connects to our everyday lives and experiences. As you go through your day, keep the refuge of God on your mind. Where do you see God shielding and protecting you? Where do you not experience it? What about those around you? Who is in need of refuge? At the end of the day, write down your experiences and thoughts and talk to God about them.

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DAY SEVEN

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DAY SEVEN

“Do not be afraid of the terrors of the night, nor the arrow that flies in the day.”

PSALM 91:5



CONSIDER

In the biblical imagination, the theme of darkness represents chaos and danger. In Genesis 1 the uncreated world is a wilderness of swirling, inky water. Without reliable light sources, darkness provided hiding places for wild animals, bandits, even pits and sudden ravines. But the psalmist trusts God to protect them from the chaos and danger that exists in the world. Even though the world can be unpredictable, we can trust God to stay true to His promises, and provide us with refuge.

RESPOND

Speaking Prayer

Take 5-10 minutes to pray. What is out of your control that causes anxiety and fear in your life? Tell those things to God, give Him control over the chaos in your life. Use the space provided to write down the thoughts that come to you as you pray.

**“Do not dread the disease that stalks in darkness, nor
the disaster that strikes at midday.”**

PSALM 91:6



CONSIDER

On the other side of the spectrum, danger isn't always caused by chaos. Humans create most of the evil and danger that we experience in our lives. Whether these evils are planned or whether they are the by-product of greed and selfishness, many people suffer at the hands of other people. God promises to be our refuge against the dangers of the day. He promises that we can run to Him and He will take away our fear, and show us how to love those who hurt us.

RESPOND

Listening Prayer

Take 5-10 minutes to pray. What fears are you holding onto that come from the people around you? Who are you afraid of? After asking these questions, spend some time listening for God to speak. Use the space provided to write down the thoughts that come to you as you pray.

“Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you.”

PSALM 91:7



CONSIDER

Where before the Psalmist describes God saving His people from different kinds of dangers, here they pivot to describing intensity. God is capable of protecting us from threats that no human could withstand. God doesn't just care about us a great deal, and offer us protection, He is able to back that up. He is capable of keeping His promises, we never need to worry that He is not up to the task. No matter what is facing you, you can find refuge in God.

RESPOND

Praying “Inside”

Take 5-10 minutes to pray. What are the biggest fears you have? What seems to be too much for you? Ask God to reveal the bigger, nameless fears that might be hiding behind our smaller fears. Use the space provided to write down the thoughts that come to you as you pray.

“Just open your eyes, and see how the wicked are punished.”

PSALM 91:8



CONSIDER

All throughout the Old Testament, we see the confidence that God's people have in God's justice. Dishonesty, finding personal gain at the expense of others, lying to get ahead, refusing to help others, the biblical authors are certain that God will ensure that these actions will have consequences. Not only does God address evil, He protects those who become victims of evil: the poor, the sick, widows, orphans, the disadvantaged. They can find refuge in Him.

RESPOND

Praying “Outside”

Take 5-10 minutes to pray. Who do you know that needs refuge? Pray for them, ask God to protect them and give them peace. Use the space provided to write down the thoughts that come to you as you pray.

“If you make the Lord your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your home.”

PSALM 91:9-10



CONSIDER

God is like a loving parent, watching their child grow. He offers us wisdom, guidance, and teaching. He cares for us and loves us. But we can choose to leave His shelter and live without Him. However, the Bible has many examples of God showing mercy and kindness to communities of people who do not follow Him based on the faithfulness of one of their number. When the Israelites make the golden calf, God turns away His anger because Moses asks Him to. Rahab's entire household is saved because she showed faith in God. And Jesus saved the whole world when He died on the cross. Like Him, we can shelter our families, even our communities through our faithfulness to God.

RESPOND

Praying “Outside”

Take 5-10 minutes to pray. Pray for your family, your neighbours, your community. Ask for God to give them shelter and protection. Ask Him to bless them. Use the space provided to write down the thoughts that come to you as you pray.

“Do not be afraid of the terrors of the night, nor the arrow that flies in the day. Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday. Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you. Just open your eyes, and see how the wicked are punished. If you make the Lord your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your home.”

PSALM 91:5-10



Lectio Divina (Devine Reading)

Take 15-20 minutes to practice Lectio Divina: a way of inviting God to speak to you while reading Scripture. The passage you'll be reading is Psalm 91:5-10. Before you begin reading, take some time to prepare and ask God to speak to you as you read. Write your reflections and God's words to you in the space provided.

***You can find instructions for Lectio Divina at the back of this guide.**

Real Life REFUGE



Today is about how what we're learning connects to our everyday lives and experiences. As you go through your day, keep the refuge of God on your mind. Where do you see God shielding and protecting you? Where do you not experience it? What about those around you? Who is in need of refuge? At the end of the day, write down your experiences and thoughts and talk to God about them.

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DAY FOURTEEN

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DAY FOURTEEN

“For He will order His angels to protect you wherever you go. They will hold you up with their hands so you won’t even hurt your foot on a stone.”

PSALM 91:11-12



CONSIDER

God created more than just the physical world. There is an entire spiritual realm that we cannot see, complete with spiritual beings. Among these beings, angels are some of the most commonly talked about in the Bible. Angels are messengers, servants, and warriors. Consider, today, that God has ordered spiritual beings to protect you from spiritual harm.

RESPOND

Contemplative Prayer

Take 5-10 minutes to pray. Spend time considering the fact that God has ordered spiritual beings to protect you from harm. What does this say about you? What does this say about God? Simply spend time with God as you ponder this. Use the space provided to write down the thoughts that come to you as you pray.

“You will trample upon lions and cobras; you will crush fierce lions and serpents under your feet!”

PSALM 91:13

CONSIDER

This verse is remembering the promise that God made in Genesis: that the children of the woman will crush the offspring of the snake. The Psalmist is claiming this promise as their own: that God will not only protect them from danger, but enable them to overcome evil. Like the Psalmist, we can claim this promise as well.

RESPOND

Listening Prayer

Take 5-10 minutes to pray. Do you believe that God has given you the authority and power to defeat spiritual evil? Ask God to speak to you about how He wants to use you to fight evil and work for His Kingdom. Use the space provided to write down the thoughts that come to you as you pray.

“The Lord says, ‘I will rescue those who love me. I will protect those who trust in my name.’”

PSALM 91:14



CONSIDER

God’s name is an important theme in the Bible. His name is like His reputation. To trust in the name of God is to trust in His reputation, to trust in His character. We can live our lives relying on God’s reputation: His goodness, faithfulness, justice, and mercy. When we trust that God is who He says He is, He promises to rescue us and protect us.

RESPOND

Praying “Inside”

Take 5-10 minutes to pray. Look inside yourself. Are you trusting that God truly is who He says He is? Are you living your life relying on God? Ask God to reveal these things to you. Use the space provided to write down the thoughts that come to you as you pray.

“When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them.”

PSALM 91:15

CONSIDER

It always feels good when someone pays us a compliment. But somehow, that compliment feels even better when it comes from someone “important,” or someone we hold in high regard. Can you imagine what it would feel like to have God pay you a compliment or honour you? God, the most amazing, powerful, good, holy being that exists, honouring YOU. After that, I don’t think you’d have to be afraid of what anyone else said about you. God thinks the world of you, He is the safest place for you to be.

RESPOND

Listening Prayer

Take 5-10 minutes to pray. What does God think about you? Ask Him to tell you, and listen to Him speak. Use the space provided to write down the thoughts that come to you as you pray.

**“I will reward them with a long life and
give them my salvation.”**

PSALM 91:16



CONSIDER

The ultimate refuge that God offers to those who trust in Him is by giving them endless life with Him. We don't need to worry about the final outcome of our lives. If we trust in God, and make Jesus the Lord of our lives, God promises to give us life, purpose, and joy that never ends.

RESPOND

Prayer of Gratitude

Take 5-10 minutes to pray. Thank God for His incredible generosity, the gift of His salvation and life. Thank Him for being a place of safety and refuge for you, both now and forever. Use the space provided to write down the thoughts that come to you as you pray.

“For He will order His angels to protect you wherever you go. They will hold you up with their hands so you won’t even hurt your foot on a stone. You will trample upon lions and cobras; you will crush fierce lions and serpents under your feet! The Lord says, ‘I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation.”

PSALM 91:11-16



Lectio Devina (Devine Reading)

Take 15-20 minutes to practice Lectio Divina: a way of inviting God to speak to you while reading Scripture. The passage you’ll be reading is Psalm 91:11-16. Before you begin reading, take some time to prepare and ask God to speak to you as you read. Write your reflections and God’s words to you in the space provided.

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Real Life REFUGE



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DAY TWENTY ONE

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DAY TWENTY ONE

APPENDIX

Lectio Devina (Devine Reading)

Take 15-20 minutes to practice Lectio Divina: a way of inviting God to speak to you while reading Scripture. Before you begin reading, take some time to prepare and ask God to speak to you as you read.

Read: Read Psalm the passage, giving time and space to the words and phrases. Listen carefully for the words or phrases that jump out to you.

Reflect: Read the passage again, this time focusing further on the parts that stood out to you in your first reading. What images come to mind as you focus on these particular words and phrases? What is God saying to you?

Respond: Read through the passage a third time. After this reading, it's time to respond. You can respond in prayer, talking to God about what He has shown you, or you can journal: writing down what God has said to you and adding your response.

Rest: Take some time in silent contemplation (5-10 minutes). Let God continue to work on you. It's okay to let your mind wander, trust that God will bring your thoughts to where they need to go. Close this time off by thanking God.

RESOURCES

Bible Project - How to Read the Psalms

www.bibleproject.com/videos/book-of-psalms

"This I Declare" - WMBC Sermon Series

www.winklermb.com/media

