



STORM SHELTER

A STUDY IN PSALMS

THE SHELTER OF GOD'S PROTECTION

BIG IDEA: God is my ultimate protection.

DATE: September 28, 2025

SCRIPTURE: Psalm 91: 1-4, 9-11, 14-16

OPENING QUESTION

What are some common things people are afraid of, but you are not? *What does the word protection mean to you? If you were able to completely trust in God's protection, what would be different in your life?*

THE SETTING

The psalmist celebrated the protection of the Lord throughout Psalm 91. The psalm has no inscription and can be associated with no particular time. Thus, its scope and timelessness are highlighted – any and every follower of “the Most High” can rely on God Himself declaring the shelter He will provide.

SCRIPTURE READING: Psalm 91:1-4, 9-11, 14-16 (HCSB)

The one who lives under the protection of the Most High dwells in the shadow of the Almighty. ²I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.” ³He Himself will deliver you from the hunter’s net, from the destructive plague. ⁴He will cover you with His feathers; you will take refuge under His wings. His faithfulness will be a protective shield.

⁹Because you have made the Lord – my refuge, the Most High – your dwelling place, ¹⁰no harm will come to you; no plague will come near your tent. ¹¹For He will give His angels orders concerning you, to protect you in all your ways.

¹⁴Because he is lovingly devoted to Me, I will deliver him; I will protect him because he knows My name. ¹⁵When he calls out to Me, I will answer him; I will be with him in trouble. I will rescue him and give him honor. ¹⁶I will satisfy him with a long life and show him My salvation.

DISCUSSION

READ PSALM 91:1-4

° What are some of the names and titles of God used here?

- ° What do these names and images reveal about God's character?
- ° How has God protected you?

READ PSALM 91:9-11

- ° How can we reconcile the reality of suffering with the truths in these verses?
- ° What does it mean to make God your dwelling place? How can you do that day to day?

READ PSALM 91:14-16

From personal plans of protection – financial, medical, emotional – to the notion that superheroes are our source of protection – the idea of self-protection is everywhere.

- ° How does our culture influence the way we view God's protection?

God goes far beyond just preserving your existence:

- ❖ **God knows your name.** You are not anonymous to the King of the universe. He knows you personally (Isa. 49:16).
- ❖ **God answers when you call out to Him.** In the midst of the countless prayers lifted up before Him, God hears *your* prayers. And He listens (1 John 5:14-15)!
- ❖ **God is right beside you when trouble appears.** God will not leave you. He never abandons His people (Josh. 1:9; Matt. 28:20).

- ° What responsibility do we have in being sheltered by God's protection?

GOD HEARS ACTIVITY: The psalmists included confident prayers in their songs because they had confidence God heard them. God hears *our* prayers, as well. Use the space provided to write out a brief prayer – a quick cry to God about an issue that weighs heavily on your heart. As you hear from God in the days to come, use the space below to record His answers to your prayer:

MY PRAYER:

GOD'S ANSWER:

SUMMARIZE & CHALLENGE

The lure of fearful self-preservation calls us to live helicopter lives, hovering over each day with a long list of "don'ts" and risks to avoid. God invites us instead to *do* something – to be lovingly devoted to Him and to trust Him completely.

Live it Out: How will you express trust in God's protection? Consider the following suggestions:

- ❖ **Accept God's protection.** As you speak with God this week, actively accept His offer of protection.
- ❖ **Keep a record.** Write down God's work in your life. Take special note of the ways He protects you during difficult situations and cares for you over time.
- ❖ **Share the news.** Read Psalm 91 to a friend facing troubles. Share from your experience about the meaning of the psalm and how to trust God when the days get dark.