

## Psalm 91 — Under God's Shadow

Over the next four weeks we will be looking at Psalm 91.

- Verses 1-2 show us the confidence we have under God's shadow.
- Verses 3-8 lets us know that those who trust in the Lord should not fear.
- Verses 9-13 reveal God's protection for those who make Him their refuge.
- Verses 14-16 shows the blessing of a deep relationship with God.

*There is a certain place of safety and rest that is a refuge, fortress, and place of trust.*

It is believed that Psalm 91 was written by Moses. Abraham's descendants found this place during their wilderness wanderings. Moses said they would not go forward without that covering of God's presence. Throughout Israel's 40 years in the wilderness, God provided a shelter. During the heat of the day they had the cloud of God's presence and in the cold of the night, the pillar of fire sheltered them. They were under the shelter, under the shadow of the Almighty. Listen to his description of this secret place.

**Psalm 91:1-2 NKJV** He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the LORD, *"He is my refuge and my fortress; My God, in Him I will trust."*

*The Psalmist testified often about this secret place that is under the shadow of the Most High.*

*The Psalmists had many confessions about the Lord Most High.*

- "The Lord is my Shepherd."
- He is my "Refuge and my Fortress."
- He is my "Rock and my Deliverer."
- They said, "You will protect me from trouble and surround me with songs of deliverance."
- He is my "Light and my Salvation."
- He is my "Sword and Shield."
- He is the "Strength of my life."
- They said, "He will hide me and keep me safe."
- He is my "Helper."
- He is my "Song."
- He is my "God."
- He is "Almighty."

*The confession of your mouth will help you in the times of your troubles and distresses.*

***What do you say about the Most High God?***

Out of the Psalmist's mouth came words of confidence and trust in God Almighty.

*Today let's make three confessions from Psalms 91:2.*

*First, "I will say of the Lord, He is my Refuge."*

A refuge is a place of protection and safety from danger or trouble.

### *Where is this refuge?*

The Old Testament talks about this place of safety. Noah was in an ark of safety. Under the pillar of fire and the pillar of cloud, Israel was safe. David said, *“He will hide me in the shelter of His tabernacle and set me high upon a rock.”* Psalms 32:7

### *In times of trouble and difficulty, people search for a place of refuge.*

In recent storms, some climbed on top of their car to get out of a flood. Some got on top of their home to try to get above rising water. Many found their place of refuge was not able to protect them in the storm. Some people had prepared for the storm, but their preparations were not adequate.

***When God is your Refuge, you are in a place of safety.***

### *Second, “I will say of the Lord, He is my Fortress.”*

A fortress is not only a place of safety, it is a place of defense. When the adversary of your soul comes, you need a Refuge and a Fortress.

### *This has been a constant confession and declaration of God’s people.*

They knew their enemies were too great if God was not on their side. They knew their strength would fail them. They knew they were too few in number and were too weak. Their arm was too weak to defend them. They needed a Fortress to run to in the times of trouble.

### *What is a fortress?*

A fortress is a high tower that stands above our troubles. It is a Rock of Defense that remains standing throughout the ages. It is a Shelter that withstands any storm. It is a Strong Place that cannot be moved. It is a place under the shadow of the Almighty.

**Isaiah said,** God covered His people with the shadow of His hand. (Isaiah 51:16)

**In Psalms 144,** David said this is the place where God preserves His people.

**Psalm 144:1–2 NKJV** Blessed be the LORD my Rock, Who trains my hands for war, And my fingers for battle—<sup>2</sup>My lovingkindness and my fortress, My high tower and my deliverer, My shield and the One in whom I take refuge, Who subdues my people under me.

### *Third, “I will say of the Lord, in Him I will trust.”*

This confession will calm your soul when the enemy comes in. Regardless of the depth of the attack, you can trust in the Lord. You can say this about the Lord.

***“In Him I will trust.”***

**Psalm 20:7 NKJV** Some trust in chariots, and some in horses; But we will remember the name of the LORD our God.

When trouble comes, we will remember the name of the Lord our God. This is why I speak Jesus for my family and over every enemy. I know there is power in His

name. Earlier in this Psalms 20, David said, “*The Lord will answer you in the day of trouble.*”

**Psalms 28:8 NKJV** My heart trusted in Him, and I am helped; Therefore my heart greatly rejoices, and with my song I will praise Him.

This trust sinks down deep in your heart and soul until joy and praise starts to bubble up. It brings confidence and removes fear.

*I am helped because I trust in Him.*

**Psalm 32:10 NKJV** He who trusts in the LORD, mercy shall surround him.

This confession of trust carries many benefits with it. The mercy of the Lord surrounds me.

**2 Samuel 22:31 NKJV** As for God, His way is perfect; The word of the LORD is proven; He is a shield to all who trust in Him.

Stop and think about what God’s word has said to you. Since He is a tried and proven God, you can trust in His shield. You don’t have to be afraid, for the Lord is your shield. When you trust in the Lord God Almighty, you can expect certain things to happen.

**Psalm 37:3–4 NKJV** Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness. Delight yourself also in the LORD, And He shall give you the desires of your heart.

*Do you hear what He is saying?*

You can feed on God’s faithfulness. Even when the enemy encamps around you, the Lord keeps on sustaining you. This is why we delight in the Lord. When you delight in Him, your desires are satisfied.

**Psalm 37:5–6 NKJV** Commit your way to the LORD, Trust also in Him, And He shall bring it to pass. <sup>6</sup>He shall bring forth your righteousness as the light, And your justice as the noonday.

### ***What is the confession of your mouth?***

*The Bible tells us that “out of the abundance of your heart your mouth speaks.”*

You cannot confess this unless your heart is fixed on God. I know Who God is and what He has done for me, therefore I will say this of the Lord. When you settled down under His shadow, out of the overflow of His blessings you will say this about the Lord.

*Keep on reminding yourself about the faithfulness of the Lord your God.*

He is almighty and eternal. He knows all things and can do all things. He is above all, over all, and He upholds all things. He has all power, all wisdom, and all knowledge. He has never learned or forgotten, for He knows all. He has never missed an appointment, He is always there.

*The key to all of these blessings is to keep on trusting God and settle down and dwell under His shadow.*

There is virtue in staying in place with God.

*It is good to dwell in the secret place of the Most High, under the shadow of the Almighty.*

Don't move from this place of safety and refuge. God wants you to dwell in this place of His blessing. He wants you to rest in His faithfulness.

*When Israel was under the pillar of fire and the pillar of cloud, God was a shield for them.*

He was their Provider and Protection.

*When you start saying this about God, it is natural for praise and thanksgiving to flow out of your mouth.*

Consider the blessing and bounty of His benefits that the Lord has loaded upon you. We could praise Him for eternity for all of His benefits.

**Psalm 103:1–6 NKJV** Bless the LORD, O my soul; And all that is within me, bless His holy name! Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle's. The LORD executes righteousness And justice for all who are oppressed.

**Psalm 103:8 NKJV** The LORD is merciful and gracious, Slow to anger, and abounding in mercy.

**Psalm 103:10–12 NKJV** He has not dealt with us according to our sins, Nor punished us according to our iniquities. For as the heavens are high above the earth, So great is His mercy toward those who fear Him; <sup>12</sup>As far as the east is from the west, So far has He removed our transgressions from us.

*Do you see why we have such a strong confession?*

We have found a secret place where the goodness of the Lord never fails. You can find the refuge, fortress, and help you need under His shadow. From deep in your heart and soul start lifting up praise and thanksgiving to the Lord your God. Give God your highest praise.