

# GROUP DISCUSSION

Questions for facilitating dynamic discussion

## Psalms – Lyrics for Life

**Week 4: His Protection**

**Psalm 91**

**Week of January 31, 2021**

**(Jeff Griffin, Senior Pastor)**

All sixteen verses in Psalm 91 are a celebration God's commitment to protect us. If we can get this truth deep into our hearts, we will be blessed with a great peace in the midst of challenging times.

**Kicking it off:** Psalm 91 promises that God will be our shelter in the storms of life. Speaking of storms, we had a good blizzard this weekend. What is the biggest blizzard that you remember?

### Discussion:

1. Reread *Psalm 91:1* Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

Why did the psalmist choose to refer to God as "Most High" and "Almighty?"

2. What does it mean to "rest in the shadow of the Almighty?"

3. Reread *Psalm 91:2* I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

How does this verse relate to the following quote from Dr. Martyn Lloyd Jones? "We spend too much time listening to ourselves and not enough time talking to ourselves."

4. Reread *Psalm 91:5-6* You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks by night.

What categories of fears does this verse mention? Which do you struggle with most?

5. Reread *Psalm 91:11* He will command his angels concerning you to guard you in all your ways.

How do you think guardian angels protect us?

6. Reread *Psalm 91:13-15* You will trample the great lion and the serpent. "Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble."

Some Christians mistakenly believe that God promises to protect us from all hardship. How do these verses contradict that belief?

7. What do you fear? How can you find peace related to this fear?

**Wrapping It Up:** Bring your anxieties to the Lord in prayer. Ask Him to help you "rest in the shadow" of His wings.