

PSALMS

OUR LIFE IN GOD'S HANDS

SMALL GROUP GUIDE
WEEK FIVE

The Big Idea

In week five we will dive into Psalm 91, another famous Psalm, and explore how God protects us when He is our refuge. We will come to understand what it means to “live in the shelter of the Most High” and all of His promises towards us when we do.

Things to Remember

“In dwelling in the shelter of the Most High and making Him our refuge, we are promised God’s protection, underscoring the profound peace and security found in His presence.”

Next Steps

Set aside time each day to meditate on Psalm 91, focusing on the attributes of God as your protector. Engage in prayer, specifically asking for God’s protection over areas of your life where you feel vulnerable or fearful. Share the promises found in Psalm 91 with someone who is going through a difficult time, offering them hope and assurance in God’s protection. Commit to a daily practice of acknowledging God’s presence in your life, whether through journaling, prayer, or quiet contemplation, reinforcing the truth that His protection is always near.

Discussion Questions

1. When have you felt enveloped by God’s protection during a perilous period, drawing parallels to the imagery of Psalm 91?
2. Psalm 91 emphasizes the importance of dwelling in God’s presence for protection. How does this concept manifest in your daily practices or spiritual life?
3. The Psalm suggests a deep trust in God’s deliverance from harm. Can you share an instance where trust in God’s protection overcame fear or anxiety?
4. Reflecting on the Psalm’s promise of angelic guardianship, have there been moments in your life that you attribute to divine intervention or protection?

Closing Prayer

Heavenly Father, we thank You for the unshakeable protection You provide us, as affirmed in Psalm 91. May we continually seek refuge in Your presence, trusting in Your promise to guard and guide us through every circumstance. Grant us the faith to rest in the shadow of Your wings, knowing that You are our fortress and deliverer. Amen.

Key Verses

Psalm 91, James 4:7, Psalm 119:9-11

