



“Resting in God” Psalm 91

What are your greatest fears? In a fallen world it's easy to be overwhelmed by fear, worry and anxiety. Mass shootings are becoming more frequent, drug overdoses are epidemic, add to that the bereavement of family and friends dying, the battling of serious illness, relational betrayal and financial reversal and you've got the making of a nervous breakdown.

GOD RESPONDS TO OUR 911 CALLS:

If I Will DWELL in Him... vv1-4

- It's not your public but private life with God that matters most. v1 “shelter” = hiding or secret place; Matt6:6
- It is making your home in God's love and truth—reflecting on it, saturated in it, standing in awe of it. v2; Jn15:5; Pro4:23; Ps103
- Metaphor: A mother bird protecting her young with her wings conveys God's toughness, tenderness and... vv3-4; Ruth2:12; Psalm 36:7, 57:1, 61:4

I Can Find REST for My Fearful Heart... vv5-13

- It is NOT promising you exemption from suffering if you trust God. Book of Job; Matt4:5-7
- It is promising that you are immortal until God is finished with you and He will exercise His love, wisdom and power so that all things in your life will work for your good and His glory. Rom8:28-29; Gen50:20
- It is promising to protect the only part of you that matters and that is the real you that will get stronger in suffering and last forever. Luke 21:16-18

And Live a FULL and SATISFYING Life Even in the Face of Danger. vv14-16

- Don't let anything take God's place in your life! v14
- Trust God to provide whatever you need to face anything. Vv14-16; John3:16-17; vv7-8
- All of this is guaranteed by His substitutionary atonement. v4 A mother bird protecting her young with her wings also conveys substitution. Matt23:37; Isa53:5; Rom4:25, 8:31-32, 10:9-10

Growing Notes

- 1) What are your greatest fears? What do you think will happen if you don't deal with your fears? What does it mean that God responds to our 911 calls (Ps91:1)?
- 2) Read Psalm 91. What stands out to you from this Psalm? Thesis Statement: If I will DWELL in Him, I can find REST for my fearful heart and live a FULL and SATISFYING life even in the face of danger. How are the words Dwell, Rest, Full and Satisfying interrelated and progressive in nature?
- 3) Review the points and cross reference under “If I Will DWELL in Him...” (vv1-4). On a scale from 1 (Poor) to 10 (Great) rate your dwelling with God. What are some things you can do to improve?
- 4) Review the points and cross references under “I Can Find REST for My Fearful Heart...” (vv5-13). Why do you think a superficial reading of Psalm 91 would have you believe trusting God will make you exempt from suffering? Why is this a wrong understanding of these promises and what is God promising?
- 5) Review the points and cross references under “And Live a FULL and SATISFYING Life Even in the Face of Danger” (vv14-16). What is a full and satisfying life even in the face of danger? What is substitutionary atonement (Is53:5; Rom4:25)? How does it guarantee that God will provide all that we need in suffering (Rom8:31-32)? Pray Psalm 91:1.