



Psalm 91: Promises & Responses

*Gathering all generations
to pray for all nations
ASKing God to do what only He can do
and doing whatever He ASKs of us.*

*ASK for the Church to fulfill God's conditions
for protection and blessing*

If you have not already worked through the Basic Lessons, also found under Teaching Resources, it is recommended you do so, in order to get the most out of this and the other teaching lessons.

Suggestion: Read the lesson first, then meditate on the Scriptures. Go slowly, ponder the Word, allowing God to speak to you; respond as part of your meditation. What you receive is the basis for your prayers. **Group:** Take a brief sharing time to see what the Holy Spirit is highlighting. Pray with each other, adding on to the prayers of others. When finished, start the next prayer point. Pray through all that was received.

Psalm 91 is known as a Psalm of protection and contains many promises.

These promises are conditional on your response. Responses vary and are individual.

How would you respond to these questions?

- Do you want to know God through these Names and promises?
- Yes or no, how much?
- Dialogue with God in meditation. Help me, is a good response.

There are four different names of God in the first two verses, each with a promise.

Psalm 91:1 “He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.” **v2** “I will say of the LORD, ‘He is my refuge and my fortress; My God, in Him I will trust.’”

The four names here are Most High, Almighty, LORD, God. God made Himself known to His people through different Names at different times in ongoing revelation of who He was to them.

Meditate through this Psalm, look into the promises and the conditions and make your **response**. Go through the Names one at a time, or ask God to give you a certain Name for your meditation.

v1 ^{cont.} “He who dwells in the secret place of the **Most High** Most High God is El Elyon in Hebrew, whom Jesus tells us to pray to as, “Our Father, who art in heaven...”

Nebuchadnezzar, Ruler of the World Empire of Babylon uses both titles, the God of heaven and the Most High God as he acknowledges God, the One higher in authority than all the pagan gods, Daniel 2:18,19,28; 3:26, 4:17, 24-25, 32-34, 5:18,21. In contrast, pagan gods were worshipped in the high places or placed in temple towers.

Most High God, Elyon Promise: There is no One higher in power, authority. There is also the promise of the secret place.

Psalm 31:20 “You shall hide them in the secret place of Your presence from the plots of man; You shall keep them secretly in a pavilion/shelter from the strife of tongues.” Because of the blood of Jesus, we can enter this spiritual dimension of the secret place of the presence of God.

A **response** here would mean to acknowledge God as your highest priority, first place in your life with a desire to live more consistently in this secret place of His presence. Responses need to be honest. “I want to do this, help me.”

Psalm 91:1 ^{cont.} “He who dwells in the secret place of the Most High God shall abide under the shadow of the Almighty.” Almighty is El Shaddai in Hebrew, The God who is all Sufficient. The All Sufficient God, His miraculous sufficiency is seen in the birth of Isaac to aged Abraham and Sarah, Genesis 21:2,5. El means power, strength.

Almighty God, El Shaddai promise: Fruitfulness and all sufficiency. Here is also the promise of living under the shading, sheltering defense of El Shaddai, the One who will make you fruitful and be your sufficiency as you depend on Him.

Response example: “Yes, I want to know you as El Shaddai, my sufficiency. Help me to turn to you first for all my needs.” “Show me when my self-reliance gets in the way.” To live in this ‘place’ means you need to make your response habitual at first to see it established.

v2 ^{cont.} “I will say of the LORD, ‘He is my refuge and my fortress;” LORD, Jehovah is Yahweh in Hebrew and the covenant personal name of God. When Yahweh made Himself known to Moses as, I Am, He was speaking of His existence and eternal presence. We call God, Jehovah but the Hebrew language has no J.

Yahweh is rooted in the verb ‘to be’, showing existence and presence, transliterated to English as Jehovah, the God Who is, present tense, was, past tense, and Is to come, future tense. “I Am” shows 1st person present tense. This is the omnipresent GOD who always existed and will always be. “I am the First, and I am the Last,” Isaiah 41:4, 44:6, 48:12. We see Jesus as God in Revelation 1:8 “I am the Alpha and the Omega, the Beginning and the End, says the Lord God. “

As **LORD**, Yahweh is Creator, He is therefore, self-sufficient and omnipotent, all powerful and omniscient, having all knowledge. The LORD, present, powerful, wise and unchangeable. (omnipresent, omnipotent, omniscient, immutable. Omni = all in Greek.

LORD, Yahweh promise: LORD/Yahweh will always be there with you and for you. There is security in a covenant relationship of love with the LORD who is with you in all situations and has the knowledge and power to help you.

There is an additional promise here of being a **refuge and fortress**. Both offer protection. A refuge is a shelter, a place of trust meaning you have to put your trust in Yehovah to be your refuge. A fortress is a strong place of defense. In each case, you have to run to them for safety.

Response example: “I want to know You, to have ongoing, intimate relationship. Help me to know You as LORD and all that means. Make turning to God first, my habitual response, counsel with Him until it becomes automatic as a compass always turning north when not in use. This process begins when you are first saved as you go from not thinking of God at all, to being aware of Him.” Develop your response through use.

v2 ^{cont.} “....**My God, in Him I will trust.**”

God here is Elohim in Hebrew. A capital E is used for The God, Elohim, the plural God, Creator of Genesis 1, while elohim, small e is used as the general name of pagan gods.

God Elohim promise: Elohim is a plural noun expressing the unity of oneness of the Trinity and an invitation to experientially know the Trinity; Father, Son and Holy Spirit. Trust here is an act of the will, choosing to trust God first.

Response example: “Show me if there are other gods/elohims in my life. Help me develop relationship with Father, Son and Holy Spirit and to put my trust in You.”

Response: The Psalm 91 promises are linked to your response.

Conditions:

- Make God your habitual dwelling place, v1, 2, 9. How? Ask God to help you. Learn to meditate, dialogue with God, give Him a proper place in your life.
- Set your love on Him. Do this by an act of your will, depending on God to see it develop. v14
- Know His Name, the different names by which He reveals Himself and make your response to the accompanying promises, v14
- Be in ongoing current communication, fellowship with Him. There is a cost. v15

If you learn to **dwell**, tarry, continue, delight in God’s presence, you will find yourself **abiding** in His protection. Meditation helps you stay in the Word, in God’s presence.

Verse 1 could read, He who **dwells**, habitually retreats to the **secret** covering protection of El Elyon shall come to **abide**, live permanently under the **shadow**, the shade, the protection of El Shaddai, the God who brings miraculous sufficiency, fruitfulness.

v2 ^{cont.} “**I will say of the LORD Jehovah/Yahweh, He is my refuge and my fortress; My God Elohim, in Him I will trust.**” **Say** means to declare. This is praise confession, an act of spiritual warfare, declaring by an act of the will your trust, reliance in God/Elohim, the plural God; known in the New Testament as Father, Son and Holy Spirit.

The **LORD**/Jehovah/Yahweh, He is my **refuge**, trusted shelter, my place of hope, and my **fortress**, defense and stronghold. Your security is in your relationship to Him, looking to Him always.

v3 “**Surely He shall deliver you from the snare of the fowler — and from the perilous pestilence.**” God delivers, defends, sets free from snares, the hidden traps of your enemies through rescue or escape, instantly or step by step as He brings you out of danger. Perilous pestilence speaks of a destroying plague as leprosy, or a pandemic virus as the corona virus.

v4 “**He shall cover (protect) you with His feathers, and under His wings you shall take refuge, shelter; His truth shall be your shield and buckler.**” This speaks of defensive armor, two different shields, one larger. Speaking to the people of Jerusalem, Jesus said He often wanted to gather them and protect them as a hen gathers her chicks under her wings, but they were unwilling, Mt. 23:37. **His truth**, the truth of Who He is and His promises are a defense if you believe them. **Truth** activates the shield of faith in Ephesians 6:17.

v5 **“You shall not be afraid of the terror (dread) of the night, nor of the arrow that flies by day,”** **Arrows** could be physical as bullets in times of rioting or war. They could be spiritual attacks as the fiery darts of the enemy that attack the soul: mind, emotions, will, Ephesians 6:16

v6 **nor of the pestilence, that walks in darkness, nor of the destruction [sudden death that surprises and] that lays waste at noonday.”** When you **know** His Names, you know there is protection day or night. **Pestilence** refers to a plague, a dreaded disease.

A continued dwelling in God brings the promises:

- deliverance, covering protection, v3,4, 7
- no fear of destructive wickedness day or night, v5
- no fear of plague or destruction, v6

v7 **“A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you.”**

v8 **“Only with your eyes shall you look, and see the reward of the wicked.”** You will be inaccessible to the enemy in the secret place of the Most High as you witness the reward of the wicked, i.e. his judgment.

These next promises are contingent on making God your dwelling place, your place of day to day habitual retreat, like the compass, ask that your mind return again and again to God during the day.

Verses 9-11 are one sentence.

v9 **“Because you have made the LORD/Yahweh who is my refuge, even the Most High, El Elyon, your dwelling place, Dwelling place** here is a different word and suggests a place of habitual retreat.

v10 **No evil shall befall you, nor shall any plague come near your dwelling,** your body, your home as you make Him your dwelling place. ASK God’s help.

v11 **For He shall give His angels charge over you, to keep you in all your ways.”** Angels are appointed to guard, defend and preserve you in all your ways, in the pathways of life.

v12 **“In their hands they shall bear you up (lift you) lest you dash your foot against a stone.”**

v13 **“You shall tread upon the lion and cobra, the young lion and the serpent (the dragon) you shall trample underfoot.”** Treading is an authoritative act of delegated authority as you represent Jesus in the earth.

Treading, trampling down the lion, cobra, and serpent speak of spiritual warfare as in Luke10:19 where believers are authorized and empowered to destroy works of the enemy. Lions, the cobra, the serpent, dragon in the KJV are emblems of the demonic. **Protection is mentioned** as Paul is kept unharmed from the poisonous snake bite in Acts 28:3-6.

v14 **“Because he has set his love upon Me therefore. I will deliver him: I will set him on high because he has known My name.”** **To be set on high** means to be out of the reach of the enemy. **Because** is used twice, because you chose to love God and because you experientially know His name, you know Him relationally in fellowship. **Deliver** here means cause to escape.

The **conditions** are to set your love on God, pursue your relationship with Him, make your habitual response, to turn to Him first, know His Names and the promises that come with them.

Response: Purpose to turn to God first and in all things. Make Him your first line of defense. ASK Him for His help.

Then more promises: communication, prayer answers; God's presence, deliverance, honor.

v15 "He shall call upon Me, and I will answer him; I will be with him in trouble I will deliver him and honor him." Three I will's of God that you can count on. Deliver is a different word than in vs 3, 14 and means to strengthen, to ready and equip to fight. Three different words are used for deliver in this Psalm.

v16 "With long life I will satisfy him, and show him My salvation." The promise is to experience the fullness of your life through the benefits of ASKing Jesus to be your Savior. The word salvation here is Yeshua, the Hebrew name of Jesus.

Take time to go through this Psalm, maybe a little at a time. Meditate on and understand the Names, the promises and the conditions. Make your response. Trust God to fulfill His Word. Pray for the Church as Christ's Body on earth.