

Studies in the book of Psalms  
**My Refuge and Fortress**



*Have you ever wanted to run and hide somewhere? If you know Christ as your savior you don't have to run—but you can be hidden by His mighty hand of protection.*

**Introduction: The Wilderness** *Matt 4:1-11; Luk 4:1-14*

1. Israel was in the wilderness 40 years
2. Jesus was in the wilderness 40 days
3. Israel gave into temptation in the wilderness
4. Jesus was victorious in the wilderness *Luk 4:14*
5. Jesus used the Word of God to combat Satan in the wilderness
6. Satan used the Word of God in an attempt to get Jesus to use His divine power and give up the mission of the cross *Psalm 91:11-12*

**A. Our Place of Victory** *Psa 91:1-2*

1. This Psalm is addressed **ONLY** to those who 'dwell' in the 'secret' place of God and **CONFESS** God as their 'refuge' and 'fortress.'
2. The secret place is the intimacy of God's presence
3. God's presence leads to protection

**B. Our Protection from the Oppressor** *Psa 91:3-7*

1. God will deliver us from the attack of the enemy:  
Snare of the fowler — Perilous pestilence  
Terror by night — Arrows in the day  
Pestilence in darkness — Destruction at noonday
2. The Word of God is our shield *:4; Eph 6:10-20*
3. No matter what you see around you...  
...God will sustain you *:7*

**C. Our Faith in the Power of God** *Psa 91:8-13*

1. The protected person prospers because the Lord is his 'refuge' *:9*
2. Living in God's power and promise results in  
No evil will conquer you  
No plague will invade your dwelling with God  
God will set angels around you  
You tread upon (defeat) the enemy

**D. Our Provision from God** *Psa 91:14-16*

1. In the last three verses God speaks from the 'secret' place. He will provide deliverance and NO demonic presence or power can prevail. *:14*
2. God will hear us and will answer *:15; John 15:7*
3. We shall neither live a useless life, nor die before our time. Our satisfaction will be in the presence of the living God. *:16*

**Psalm 91**

**:1** He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty.

**:2** I will say of the LORD, "He is my refuge and my fortress; My God, in Him I will trust."

**:3** Surely He shall deliver you from the snare of the fowler *and* from the perilous pestilence.

**:4** He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler.

**:5** You **shall not** be afraid of the terror by night, *nor* of the arrow *that* flies by day,

**:6** *Nor* of the pestilence *that* walks in darkness, *nor* of the destruction *that* lays waste at noonday.

**:7** A thousand may fall at your side, and ten thousand at your right hand; But it shall not come near you.

**:8** Only with your eyes shall you look, and see the reward of the wicked.

**:9** Because you have made the LORD, *who is* my refuge, *even* the Most High, your dwelling place,

**:10** No evil shall befall you, nor shall any plague come near your dwelling;

**:11** For He shall give His angels charge over you, to keep you in all your ways.

**:12** In *their* hands they shall bear you up, lest you dash your foot against a stone.

**:13** You shall tread upon the lion and the cobra, the young lion and the serpent you shall trample underfoot.

**:14** "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.

**:15** He shall call upon Me, and I will answer him; I *will be* with him in trouble; I will deliver him and honor him.

**:16** With long life I will satisfy him, and show him My salvation."