



Waldo Avenue
Restoration Branch

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Psalm 91

Security for Those who Trust in the Lord

He who dwells in the shelter
of the Most High
Will abide in the shadow of the almighty.

I will say to the Lord,
“*My refuge and my fortress,*
My god, in whom I trust!”
For it is He who delivers you from the
snare of the trapper,
And from the deadly pestilence.
He will cover you with His pinions,
And under His wings
you may seek refuge;
His faithfulness is a shield and bulwark.

You will not be afraid
of the terror by night,
Or of the arrow that flies by day;
Of the pestilence that stalks in darkness,
Or of the destruction
that lays waste at noon.
A thousand may fall at your side,
And ten thousand at your right hand;
But it shall not approach you.
You will only look on with your eyes.
And see the recompense of the wicked.

For you have made the Lord, *my refuge*,
Even the Most High, your dwelling place.

No evil will befall you,
Nor will any plague come near your tent.

For He will give His angels charge
concerning you,
To guard you in all your ways.
They will bear you up in their hands,
Lest you strike your foot against a stone.
You will tread upon the lion and cobra,
The young lion and the serpent you will
trample down.

“*Because he has loved Me,*
therefore I will deliver him;
I will set him securely on high,
because he has known My name.
He will call upon Me,
and I will answer him;
I will be with him in trouble;
I will rescue him, and honor him.
With a long life I will satisfy him,
And let him behold My salvation.”#

***You cant break a person who
gets their strength from God.***

Psalm 91

In my study of Psalm 91 I have gleaned a few points which I found enlightening. These key points follow by verse.

Requirements

Psalm 91:1-2 gives the requirements necessary for receiving the blessings in this Word of God:

1. **He who dwells in the shelter of the Most High.** God is personally inviting us to exercise faith in Him. He provides shelter, something we cannot do for ourselves.
2. **I will say to the Lord, "My refuge and my fortress, My God, in whom I trust!"** We must verbalize our trust out loud. There is power in declaring our intention. This is the first step to opening the door to His secret place of protection.

Four Categories of evil

The Psalmist lists four categories of evil and God tells us He will protect us from all of them.

3. **For it is He who delivers you from the snare of the fowler (trapper) and from the deadly pestilence.** The Trapper is the enemy who knows what buttons to push in us, exactly how to hook us and trap us. A pestilence is any fatal or virulent disease; an epidemic that hits the masses of people.
4. **He will cover you with His feathers, and under His wings you may seek refuge.** God is committed to us but, we can reject His outreach if we choose. He doesn't chase after us, He requires us to come to Him. He is a faithful shield and bulwark -- these are military terms symbolize fortification, denoting double protection.
5. **You will not be afraid of the terror by night.** This includes all the inhumanities of man to their fellow man, for example - war, robbery, terrorism etc. It is the dread or horror or alarm that comes from what man does to man that God is saying we do not have to be afraid of.

6. (You will not be afraid) **of the arrow that flies by day.** An arrow is something that pierces or wounds spiritually, physically, mentally, or emotionally. Arrows are intentionally and deliberately sent by the enemy to the spot that will cause the most damage. He seldom attacks us in areas where we are spiritually strong, it's our weaknesses he targets.
7. (You will not be afraid) **of the pestilence** that stalks in darkness. God tells us in verse 3 that we don't need to be afraid of the pestilence, He is just reminding us of His promise -- are we listening?
8. (You will not be afraid) **of the destruction** that lays waste at noon. Destruction includes evils we have no control over. Such as tornadoes, floods, hail, hurricanes, and fire. There is a place of safety in this world we can go to in order to escape these destructions.

What God promises us in return

9. Verse 9 says - **A thousand may fall at your side and ten thousand at your right hand, but it shall not approach you...For you have made the Lord, my refuge, Even the Most High, your dwelling place.** Not everyone will receive the benefits of this promise. Only those who believe God and hold fast to His promises will profit. But it is available to all in as much as we trust Him.
10. **No evil will befall you, nor will any plague come near your tent.** At this point in the Psalm God adds a new dimension to the promise to exercise faith, not just for ourselves, but for our household. Praying for more than ourselves brings others under the shield of God.
11. And 12. **For He will give His angels charge concerning you, to guard you in all your ways. They will bear you up in their hands, that you do not strike your foot against a stone.** Only when we reach eternity will we understand the times God has intervened on our behalf.

What God promises us in return

13. *You will tread upon the **lion** and **cobra**, the **young lion** and the serpent (**dragon**) you will trample down.* This is the authority given us if we believe in Jesus and speak against the enemy in His name. We must take time to absorb this, it is not automatic.
- **Lion problems** - are bold, loud, forthright and come out in the open to hit us head on. Something blatant and overt. For example a car wreck or unexpected event, job loss.
 - **Young lions** can grow into full-grown problems if we don't handle them right away. These problems come to harass and destroy us gradually. Examples are subtle negative thoughts that tell us we will not survive or our mate no longer loves us.
 - **Cobra problems** sneak up on us like a snake in the grass throughout the day. They are deceptive schemes keeping us blinded until it devours us. As surprise attack. For example a marriage unexpectedly falling apart or dissention within the church causing a split.
 - **Dragon problems.** Dragons are a figment of mans imagination, they do not exist. But dragon problems represent our unfounded fears, phantom fears, fears of the unknown, mirage fears. See Proverbs 18:1.
14. *Because **he has loved Me**, therefore I will deliver him.* God gives seven promises - the number of perfection. This verse denotes our need to be close to God, to know Him not just know about Him. Only when we spend time with Him do we develop this closeness. Do we want this closeness? See John 14:15.

I keep thinking about how God could have moved the Red Sea instead of splitting it in two. But He didn't remove the obstacle, He chose to make a way through it. And I guess it's kind of like that with us too. The big things that stand in our way don't always disappear - we were never promised that. We were promised a path where we never imagined a path. ulli-kaye

These seven promises follow:

- *Because he has loved Me, therefore I will deliver him.*
- *Because he has loved me ... I will set him securely on high, because he has known My name.*
- *He will call upon Me, and I will answer him.*
- *I will be with him in trouble; I will rescue him.*
- *(I will) honor him.*
- *With a long life I will satisfy him.*
- *And let him behold My salvation.*

Taking each one individually:

- ⇒ **Because he has loved Me...** He promises to deliver from every evil known to mankind. Deliverance is all encompassing. It happens internally and externally, it surrounds us. Ps. 32:7.
- ⇒ **Because he has known My name.** Acts. 4:12, Mi. 10:4, Ether 4:88, 5:32, 2Ne11:39. Do we believe Him, do we use the authority given us as believers?
- ⇒ **I will answer him.** 1 John 5:14-15. Nothing gives us more comfort than realizing He hears and answers our prayers.
- ⇒ **I will rescue him.** When someone is in pain he usually runs to the one he loves the most and the one he trusts. God answers and rescues us in many different ways. He is a creative God and is not hindered by our "impossible" situations. Negative situations we encounter can become God-incidences when we trust His Word.
- ⇒ **I will honor him.** Have you ever thought about what it means to be honored by God? He honors us by calling us His sons and daughters. He honors us by answering our prayers when we are serious and call on Him with faith.
- ⇒ **Long, satisfied life.** We should ask ourselves - *What am I going to do with my long life?*
- ⇒ **Let him behold My salvation.** According to Strong's Concordance the word salvation includes health, healing, rescue, deliverance, safety, protection and provision. What more can we ask of God?

Psalm 91 - a Closer Look

Over the last few years I've felt drawn to study four basic truths from the scriptures. After reading the book God's Shield of Protection Psalm 91 by Peggy Joyce Ruth (reviewed in the July WARB women's newsletter) I thought it might be helpful to discuss how these truths relate to the protection offered and promised us in this scripture.

But, first a few definitions:

- **Dwell** - from Strong's #3427 in the Hebrew it means to *sit down in quiet, to remain, abide, marry, continue, endure, establish habitation*.
- **Abide** again, from Strong's #3884, in the Hebrew means to *stop, to stay continually, to remain*.

As with all promises there are requirements, the requirement to the promises given in Psalm 91 are - to dwell in the secret place of the Most High. To dwell - stay continually, to establish our habitation in God, all the time. I believe to do this we must understand some basic truths.

God has told us:

I Cannot Lie

God **CANNOT** lie, that's what scripture tells us - Enos 1:8, Ether 1:75, and Hebrews 6:18. I've asked a number of people: *Why is this important?* And I get the same answer-- it's everything we understand about God, the gospel, eternal life. All is based upon the WORD of God and because He is incapable of untruth it all is true. Our foundation is built on truth not lies.

The devil is the father of *ALL* lies - Genesis 3:5 and 2Ne. 1:100 -104.

3Ne 12:31 tells us that God fulfills the words He gives, He doesn't lie, but fulfills *ALL* His words. In Ps. 89:35-35 He tells us "*I will not lie*". God keeps his promises, Matt. 24:36, Deut. 7:9. He *keeps his covenants*. And in Numbers 23:19 we read God is not a man that *He should lie*, what He says He will do He will do!

In Psalm 91 He gives His word. Many promises are detailed in this psalm and are available to

anyone ***IF** they dwell in the secret place of the Most High (91:1)* and in verses 9-10 *...because thou hast made the Lord which is my refuge, even the most high, thy habitation....*

When you leave this life ...

This is stated in Alma 16:232 - *The same spirit which doth possess your bodies at the time that ye go out of this life, that same spirit will have power to possess your body in that eternal world.*

Also in Alma 19:106-114 Alma continues this thought. It has to do with the heart (Alma 19:66-67). Where our hearts are at, at the time of our passing, will remain the same (Alma 12:110). In 2Nephi 6:72 and Mos.1:83-84 the words are not the same but the implication is the same. If a person leads a sin-filled life and doesn't repent he will have that same spirit on the other side - *he will feel his guilt*.

A good example is found in Luke 16:24-31 in the story of the rich man and Lazarus the poor man. Romans 6:16 tells us *to whom ye yield yourselves to obey, his servant ye are to obey; whether of sin unto death or of obedience unto righteousness*.

Another example is found in 1John 4:18 which tells us *perfect love casts out all fear*. If we live a life of fear, when we pass from this life that same spirit of fear will go with us.

Psalm 91 encourages us to trust God in all things which is *to dwell in the secret place of the Most High*. If we do we **SHALL** (vs.1) *abide under the shadow of the Almighty*. Our confidence is in Him (vs. two). Then this spirit is part of us and continues into eternal life with the Almighty. All the temporal/physical promises we receive on this side of the veil continue in us and we possess them on the other side, as well.

In this life we are to grow in the understanding of the gospel and not to depend on anyone else but the Lord. That is the difference between the milk we've been taught as babes and the meat we seek from the Lord. We want to grow into deeper understandings to prepare us for the eternal.

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Psalm 91 - a Closer Look

I am with you always

His Spirit dwells in us, as believers, at all times, in all places, and in all circumstances we find ourselves. We do not have to ask Him to come and be with us, **He is already here!** We bring Him to church, shopping, home ... everywhere we go. This is *dwelling* and *abiding* (Ps. 91:1) and in verses 9, 11, 15 God is saying to us - *Because thou has made the Lord, which is my refuge, even the Most High, thy habitation;* (because I say to God - you are my refuge and my habitation - I live in Him) *...he shall give His angels charge over thee, to keep thee in all they ways. ...he shall call upon me* (I will call on God) , *and I will answer him* (God will answer me); *I will be with him in trouble; I will deliver him, and honour him.*

These promises assure us the Holy Spirit - Jesus in us - is indeed an indwelling, ever present Spirit that abides in us (Matt. 28:19).

Moroni 7:14 tells us the Spirit of Christ is given to every man so we would know good from evil - this is discernment. And 3 Nephi 8:36, 40-41 says if we do always remember Him (dwell/abide) we will have His Spirit to be with us. Unless as in Mos. 1:79-80 we withdraw from Him. There are many more scriptures that support this belief.

Do we believe it? If we do then the promises in Psalm 91:1, 2, 4, 5, 6, 9, and 15 are ours to claim.

I've got this

God has already provided the answer to our needs, challenges, situations before we ask Him. From the beginning of time he has known what we would face and He's already put into place the answer. Our prayers should be praise and thanksgiving for providing before we ask. Prayers asking Him to open our ears, washing our eyes and softening our hearts to see, hear, and feel His answer. Alma 9:65 and 71 tells us He has a foreknowledge of all things. Alma 26:56-67, 66, 95-96, 103-1-4, as well.

Because he hath set his love upon me, therefore will I deliver him; I will set him on high, because

he hath known my name. He shall call upon me, and I will answer him; I will be with him in trouble; I will deliver him, and honor him. With long life will I satisfy him, and show him my salvation. (Ps. 91:14-16).

I asked myself: How do we know the Scriptures including Psalm 91 can be taken at face value and implied in our lives?

Jesus said we could! *And He said unto them, These are the words which I spake unto you while I was yet with you, that all things must be fulfilled which were written in the law of Moses, and in the prophets, and in the psalms, concerning me* (Luke 24:23).

When Covid hit I found on the internet a movement through out the world to read and claim Psalm 91, someone reciting this psalm in prayer every minute of the 24 hour day, week after week. What a marvelous experience it was to be a part of a larger prayer chain!

So I've Concluded: To abide is to have the joy of being in God's presence. To come to Him, find rest in Him, trust Him to keep me, faith in Him and more. He is our wisdom, righteousness, salvation, and redemption. But it requires of us to forsake our self for Him, allow the Holy Spirit complete sway, to be still and know He is God. We are to bear much fruit, have power in our prayers, accept that we have authority by Jesus and exercise that authority. We are to obey the commandments, love our fellow believer and remember the great commission - to go into all the world and share what we have.

If we do this what great promises we will receive!

And when life grew difficult.

By Lauren Fortenberry

She trusted God.

In everything she couldn't see.

In everything she couldn't understand.

And in everything she didn't yet know.

And His faithful love led her to goodness.

Summary of Psalm 91

Many people see Psalm 91 as a beautiful poem of promises that go along with other scriptures which make us feel good that God loves us. But, Psalm 91 is more than that. These promises are not written for our inspiration but for our protection. They are not words of comfort in times of adversity but are words of deliverance from affliction.

There are thousands of wonderful promises throughout the scriptures. One of the benefits of Psalm 91, however, is that the promises are condensed into one psalm covering a multitude of promises. It's more like a covenant written between the Father and us. It encompasses physical, emotional, mental, and spiritual promises.

There are all kinds of enemies: temptations, spiritual and physical. Psalm 91 shows us first hand how God knows ahead of time what we have faced, are facing now and will face in the future and has already made provision for us.

Part of this protection offered as we study Psalm 91 requires us to seek Him out first. Then, to recognize that we have been given authority, in Jesus, to fight evil when it attacks whether it is through temptations, negative thinking, terror by night or situations outside of our control; we have been given the ability to seek fervently and receive power from on high. It's our responsibility to grow beyond the *milk of the gospel* (simply enjoying the blessings of faith) to the *meat of the gospel* (depth of understanding and action). #

It was by faith that the three disciples

*obtained a promise that they should not taste of death, (Mn 4:84). And they obtained not the promise **until after their faith.** (Ether 5:17)...I know that Thou workest unto the children of men **according to their faith.** (Ether 5:20)...ye receive no witness - not **until after the trial of your faith.** (Ether 5:7)*

Faith isn't about asking God to stop the storm. Faith is about trusting God to help you through the storm.

Zion's Ridge Update

Please join us for an *Old-Fashioned Summer Potluck Picnic* to finish our dining facility/building at Zion's Ridge campground. **Save this date:** Saturday, Aug. 15th from 2 - 8 p.m. Hamburgers, Hot dogs, and lemonade will be provided. Please bring a side dish. We'll have games, an auction and concert. Donations are welcome. For more information contact Elzy Lasley at 816-679-9019.#

Sometimes God closes doors not to punish you, but to protect you from storms you cannot see.

Sometimes the delay, the detour, or the wait is actually mercy in disguise.

What feels like holding you back may really be God keeping danger away from you.

Trust the timing of your life-you are not falling behind. You are exactly where you are meant to be.

Don't miss what God is doing because it's not packaged the way you expected. Blessings come in all forms.#