

## God Our Refuge

...“My refuge and my fortress, my God in whom I trust.” Psalm 91:2b

### Background and Context

- The author is unknown, though many ascribe the Psalm to Moses.
- It is often used as a liturgy in both Jewish and Christian worship.

### God is our Dwelling Place

91:1-2

- Refuge is not merely where we run in a crisis: it is where we can choose to live every day.
- God’s presence is our true safety and security.

### God is Faithful in Trouble

91:3-13

- God does not promise the absence of suffering; He promises His presence through it.
- The wilderness reminded Israel that God alone was their protector and provider.
- Jesus Himself trusted the Father perfectly, even in suffering.

### God’s Heart for Those Who Dwell with Him

91:14-16

- The voice shifts – now God Himself speaks.
- God shares the wonderful promises that come with a personal relationship with Him.
- Refuge is not ultimately a place.
- Refuge is not primarily protection.
- Refuge is ultimately in God Himself.

### Our Response to God Our Refuge

\_\_\_\_\_ with God daily instead of only seeking refuge in trouble.  
\_\_\_\_\_ Him when fear and suffering come.  
\_\_\_\_\_ in His faithfulness, not your feelings or circumstances.

Key: Dwell, Trust, Rest

Essence (noun): the basic, real, and invariable nature of something that determines its character



## Psalm 90:1

Lord, you have been our dwelling place in all generations.

## John 15:4

“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.”

## Exodus 13:21-22

And the Lord went before them by day in a pillar of cloud to lead them along the way, and by night in a pillar of fire to give them light, that they might travel by day and by night. The pillar of cloud by day and the pillar of fire by night did not depart from before the people.

## Matthew 4:5-7

Then the devil took him to the holy city and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down, for it is written, “‘He will command his angels concerning you,’ and “‘On their hands they will bear you up, lest you strike your foot against a stone.’” Jesus said to him, “Again it is written, ‘You shall not put the Lord your God to the test.’”

## 1 Peter 5:8

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

## Leviticus 26:11-12

I will make my dwelling among you, and my soul shall not abhor you. And I will walk among you and will be your God, and you shall be my people.

## Lamentations 3:21-22

But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; his mercies never come to an end...

Essence (noun): the basic, real, and invariable nature of something that determines its character



# In Essence ...

Meet God as He Reveals Himself in Scripture

## INTRODUCTION

- What's something small that makes your day better every time?
- When you think of God as your refuge, what comes to mind?

## DISCUSSION

1. How does Psalm 91 expand your understanding of the Lord as your refuge?
2. What is a verse in the passage or on the verse sheet that stood out to you, and why?
3. What is something from the passage that you want to remember?
4. Read Psalm 91:1-2. How do these verses deepen your understanding of God as your refuge?
5. In your life, how have you experienced the Lord as your refuge?
6. In what ways can you trust God more deeply as your refuge? How will trusting Him as your refuge change the way you think and live?
7. What is something (perhaps a verse, application, or short prayer) you want to remember from tonight? If you'd like, write it on a card at your table and take it with you as a reminder in the days ahead.

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