



THE PSALMS

Experiencing God through the songs of his people.



Refuge (Psalm 91)

COMMUNITY GROUP DISCUSSION GUIDE

When we face challenges or dangers in life, where do we run? In what do we seek shelter from our weariness? In this psalm, the writer reminds that the Lord is our refuge and our fortress. In Him, we find confidence to face life because we know that he is unwavering and protects those who are His.

CONVERSATION STARTER

What are some examples of things that you fear in life? How do you tend to deal with these fears?

GETTING INTO THE SCRIPTURES

Please read aloud Psalm 91.

What are some things that stuck out to you from the sermon on Sunday and in reading this passage?

What are some of the qualities of God that are highlighted in this passage and what does this tell us about God's character?

As you read verses 2 and 9, why is it important to "say" or "declare" these things?

What does verse 4 tell us about God and his deep love for us? How does this verse make you feel?

MAKING IT REAL

How can you make God your refuge and shield in times that you are experiencing fear?

How can you help to steer others toward God when they are in times of trouble?