

**Study Guide**  
**Psalm 91**  
**Advent | Hope**

For some of us, anxiety levels are higher than usual. It's easy to dwell on thoughts like, "*I wish my life were different*", or "*I am afraid that tomorrow...*", or "*Why do I have this struggle...?*" Some of us feel a bit hopeless in this season.

Psalm 91 offers us an option- to "*dwell*" under the protection of God.

1. Read Psalm 91:1-2. Describe this special hiding place. What words are used to help us understand it? How do we get there? What does it look like to "*dwell*" in that place of safety?

2. Read Psalm 91:3-8. Discuss some of the benefits of living in close dwelling with God:

Delivered-

Covered-

Unafraid-

Describe what each of these concepts might look like and give an example in your own life.

3. Read Psalm 91:9-16. Discuss the collaborative effort of being one with God. What are things that I do? What are things that God does for me?

4. Discuss the concept of "dwelling" with God in oneness, from the book Mindful Silence, by Phileena Heuertz.

"Union of God and self."

"Not a dual operating system."

"Boundaries fade."

"Into the cloud of unknowing."

"Naked before God."

"It's all one and the same."

How does living in oneness with God, give you a new measure of hope?

**Application**

Practice mindful silence, imagining yourself as one with God, for 20 minutes.

Instead of thinking of yourself sitting opposite of Him, talking to Him, imagine yourself in a "cloud of unknowing", just being with Him, without an agenda or a request.

Try it.

## Message Slides

### A. The Hiding Place (v.1)

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.

### B. Getting into the Hiding Place (v.2)

<sup>1</sup>I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.”

### C. Benefits of the Hiding Place (v.3-8)

#### 1. Delivered

<sup>3</sup>For he will deliver you from the snare of the fowler and from the deadly pestilence.

#### 2. Covered (v.4)

<sup>4</sup>He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.

#### 3. Unafraid (v.5-8)

<sup>5</sup>You will not fear the terror of the night, nor the arrow that flies by day,

<sup>6</sup>nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.

<sup>7</sup>A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

<sup>8</sup>You will only look with your eyes and see the recompense of the wicked.

### D. Why the Abiding Christian is Protected (v.9-13)

<sup>9</sup>Because you have made the Lord your dwelling place—the Most High, who is my refuge—

<sup>10</sup>no evil shall be allowed to befall you, no plague come near your tent.

<sup>11</sup>For he will command his angels concerning you to guard you in all your ways.

<sup>12</sup>On their hands they will bear you up, lest you strike your foot against a stone.

<sup>13</sup>You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.

### D. Why the Abiding Christian is Protected (v.14-16)

<sup>14</sup>“Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name.

<sup>15</sup>When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him.

<sup>16</sup>With long life I will satisfy him and show him my salvation.”

### Story of Hope

Luke 1:35- And the angel answered her, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy—the Son of God