# The Refuge of Love

Personal Notes

# The Refuge of Love

Expression: The Psalms Gina Nicola, LMFT July 23 & 24, 2016

#### Psalm 91

- <sup>1</sup> Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.
- <sup>2</sup>I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."
- <sup>3</sup> Surely he will save you from the fowler's snare and from the deadly pestilence.
- <sup>4</sup> He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.
- <sup>5</sup> You will not fear the terror of night, nor the arrow that flies by day,
- <sup>6</sup> nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.
- <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 observe with your eyes and see the punishment of the wicked.
- <sup>9</sup> If you say, "The Lord is my refuge," and you make the Most High your dwelling,
- <sup>10</sup> no harm will overtake you, no disaster will 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> they will lift you up in their hands, so that you will not strike your foot against a stone.
- <sup>13</sup> You will tread on the lion and the cobra; you will trample the great lion and the serpent.
- <sup>14</sup> "Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name.
- <sup>15</sup> He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.
- <sup>16</sup> With long life I will satisfy him and show him my salvation."

# 1. His Refuge

<sup>1</sup> Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

<sup>2</sup> I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

#### **Four Names of God**

- 1. Most High
- 2. Almighty
- 3. The Lord
- 4. **God**

### **Four Types of Security**

- 1. Shelter
- 2. Shadow
- 3. **Refuge**
- 4. Fortress

# 2. His Protection

<sup>4</sup> He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

<sup>5</sup> You will not fear the terror of night, nor the arrow that flies by day, <sup>6</sup> nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

<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 observe with your eyes and see the punishment of the wicked.

### 3. His Invitation

<sup>9</sup> If you say, "The Lord is my refuge," and you make the Most High your dwelling,

<sup>10</sup> no harm will overtake you, no disaster will 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> they will lift you up in their hands, so that you will not strike your foot against a stone.

<sup>13</sup> You will tread on the lion and the cobra; you will trample the great lion and the serpent.

### 4. His Commitment

<sup>14</sup> "Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name.

<sup>15</sup> He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

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

#### "Because he loves me...and calls on me"

## God says:

- I will rescue him
- I will protect him
- I will answer him
- I will be with him in trouble
- I will deliver him
- I will honor him
- I will satisfy him
- I will save him