
Life Group Guide: Psalm 91 - Finding Your Dwelling Place in God

Overview

This guide is based on a sermon exploring Psalm 91, a psalm that has been prayed over times of war, calamity, and fear for thousands of years. The sermon unpacks the powerful promises and profound truths within this passage, with a focus on what it means to truly dwell in God rather than simply visit him in times of trouble.

Key Takeaways

- 1. Psalm 91 is built on four foundational names of God.** In the first two verses, the psalmist stacks four Hebrew names of God -- El Elyon (Most High), Shaddai (Almighty), Yahweh (Lord), and Elohim (God) -- to establish that the shelter described in this psalm is unbreakable. Each name reveals a dimension of God's character: his superiority over every threat, his all-sufficiency, his covenant faithfulness, and his creative power.
 - 2. There is a difference between visiting God and dwelling in him.** The Hebrew word for "dwells" in verse one carries the meaning of sitting, settling, and remaining. The promises of Psalm 91 are not for those who run to God only in emergencies and then leave. They are for those who have made God their permanent home.
 - 3. God is both a fortress and a mother hen.** The psalm presents God as a mighty stronghold and as a tender covering. He does not always remove the storm, but he covers his people in the midst of it. Both his strength and his tenderness are available to those who abide in him.
 - 4. Refuge is a person, not just a place.** Throughout the psalm, refuge is not described as an escape from trouble but as the presence of God within trouble. The invitation is not simply to run to God when afraid, but to live in him so that his protection is constant.
 - 5. Wilderness seasons can be invitations to find your dwelling place.** Just as God used Israel's forty years of wandering to teach them to make him their home, the unsettled seasons of life can reveal where we have been placing our security and redirect us toward God as our true foundation.
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Discussion Questions

Opening (Choose one to get the conversation started)

1. Has there ever been a moment when you turned to a specific scripture for comfort during a fearful or uncertain time? What was that experience like?
 2. When you hear the word "refuge," what image or feeling comes to mind? Where have you looked for refuge in your life outside of God?
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Digging Deeper

3. The sermon highlighted four Hebrew names of God found in the opening two verses of Psalm 91: El Elyon, Shaddai, Yahweh, and Elohim. Which of these names resonates most with you personally right now, and why?
 4. The sermon drew a distinction between visiting God and dwelling in God. Honestly reflecting on your own life, which would you say better describes your relationship with God right now? What does it look like practically to move from visiting to dwelling?
 5. The sermon mentioned that Psalm 91 contains three voices -- a believer, a counselor, and then God himself speaking directly to the one who has found their home in him. How does it affect you to consider that the promises in this psalm are God speaking personally to the believer who abides in him?
 6. The psalmist lists ten dangers that God protects his people from, ranging from hidden traps to large-scale calamity to unexpected obstacles. Which of these resonates most with a fear or threat you have faced or are currently facing? How does knowing God is aware of it change your perspective?
 7. The sermon used the image of a mother hen covering her chicks to describe how God shelters his people. The point was made that God sometimes does not remove the storm but instead covers us in the midst of it. How do you respond to that truth? Is it easy or difficult to receive his covering when the storm is still present?
 8. The sermon posed this question: "Could it be that some of the wilderness seasons you have wandered through actually have been invitations from God beckoning you to find your dwelling place in him?" How have you seen this to be true in your own life, or where are you still wrestling with it?
 9. The sermon noted that how you know where your true security lies is by asking where your mind runs when you are anxious or receive bad news. Where does your mind tend to run first? What does that reveal about where you have placed your trust?
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Personal Reflection

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10. F.B. Meyer said that you must not only think that God is your refuge but declare it. What would it look like for you to begin actively declaring, "You are my refuge," rather than only hoping or assuming it?
 11. Is there an area of your life where you have been trying to pray the storm away rather than receiving God's covering in the midst of it? What would surrendering that to him look like this week?
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Practical Applications

This week, choose at least one of the following to put into practice:

- **Read and pray Psalm 91 aloud each morning this week.** Do not rush through it. Let each verse settle before moving to the next. Pay attention to which verse the Spirit of God makes most present to you.
 - **Identify your go-to refuges.** Make a list of the places, people, or habits you instinctively run to when you are anxious or afraid. Bring that list before God and ask him to help you reorient your trust toward him.
 - **Memorize one name of God from the sermon.** Choose El Elyon, Shaddai, Yahweh, or Elohim. Look up additional scriptures that use that name and spend time meditating on what it means for your current season.
 - **Declare it out loud.** At least once each day this week, stop what you are doing and say out loud, "You are my refuge." Let it move from a thought to a declaration.
 - **Share the psalm with someone.** Think of a person in your life who is walking through fear, uncertainty, or a difficult season. Send them Psalm 91 with a personal note about what it means to you.
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Closing Prayer Focus

Close your group time by praying together through these themes drawn from the sermon:

- Thank God for the times he protected you that you were not even aware of.
 - Ask him to reveal any area where you have been placing your security outside of him.
 - Declare together that he is your refuge, your fortress, and your dwelling place.
 - Pray for any group members who are in the middle of a storm right now, that they would receive his covering rather than waiting for the storm to pass.
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Looking Ahead

This sermon is part one of a two-part series on Psalm 91. As you prepare for the next message, spend time reading through the full psalm again and noting any verse or phrase that raises a question or stirs something in you. Bring those observations to your next group gathering.