

SUMMER IN THE Psalms

Series: Summer in the Psalms

Date: August 16th, 2026

Scripture: Psalm 91

Title: The Rescued Life

Author: Esther Baird

Devotional:

When thinking about our life as followers of Jesus, one of the aspects that should give us true hope and peace is that we live our life with confidence. We can be sure that whatever this life brings, we are already rescued and find our security in God alone. This week's Psalm talks in great detail about the way in which God is our refuge and protector against the evil and brokenness of this world. Clearly bad things happen. But in the midst of life in a sinful world, our security lies in our God who promises to deliver, protect, rescue, and ultimately satisfy us with eternal salvation. We know this because we can see how Jesus lived his life knowing that bad things, unjust things, heart breaking things, would happen to him. In fact we read in Matthew 4:6 that when Jesus was starting his ministry on earth that would lead him to the cross, Satan tempted him and used this very Psalm to try and change his mind. To convince him that 'angels would bear him up' if he threw himself off the top of the temple to test God. But Jesus knew that wasn't the point of this Psalm. The point was that Jesus would live a perfect life, and take the arrows and evil and destruction of this world, our sin, and pay the price for it all. But in that, and in his death, he would overcome it! Therefore as we read last week, though there are valleys in this life, our ultimate security and safety, and therefore our confidence, is in Jesus. In Jesus we find true refuge, rest and shelter and we can live a life free of fear knowing our ultimate safety is secure in Him.

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Questions:

- What fears or worries do you need to bring into the shelter of God's presence this week?
- How does Jesus' willingness to suffer and go to the cross help you trust God even when life doesn't unfold the way you hoped?
- In what area of your life do you most need to trust God as your refuge and fortress?

Psalm 91 Song - [Click to Listen on Youtube](#) or scan the QR code below!

