

The Faith Adventure

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Psalm 91 (NLT) Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. ² This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him. ³ For he will rescue you from every trap and protect you from deadly disease. ⁴ He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection. ⁵ Do not be afraid of the terrors of the night, nor the arrow that flies in the day. ⁶ Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday. ⁷ Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you. ⁸ Just open your eyes, and see how the wicked are punished. ⁹ If you make the Lord your refuge, if you make the Most High your shelter, ¹⁰ no evil will conquer you; no plague will come near your home. ¹¹ For he will order his angels to protect you wherever you go. ¹² They will hold you up with their hands so you won't even hurt your foot on a stone. ¹³ You will trample upon lions and cobras; you will crush fierce lions and serpents under your feet! ¹⁴ The Lord says, "I will rescue those who love me. I will protect those who trust in my name. ¹⁵ When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. ¹⁶ I will reward them with a long life and give them my salvation."

Introduction: Have you ever spent a day or night battling pain, fear, or anxiety—longing for peace but finding none? Maybe your body kept you awake with pain. Maybe your mind raced with fear. Maybe your heart felt heavy with worry for someone you love.

This passage of Scripture, this covenant promise from God, can turn the darkest night into one of peace, protection, and even healing.

Psalm 91 is not just poetic comfort; it is a spiritual weapon. It is a covenant contract between heaven and earth. And when we believe it, speak it, and live in it, everything begins to shift.

Understanding Psalm 91 as Covenant

Psalm 91 is not wishful thinking; it is a binding promise from God Himself to those who dwell in His presence.

The very first verse gives us the condition: "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."

The word "dwell" means to live there, to remain; not just to visit occasionally. God's promises in this psalm are for those who have made Him their habitation, those who live under His covering, not just check in with Him during emergencies.

And here's the truth: this covenant covers everything; physical safety, mental peace, emotional stability, and divine healing.

Psalm 91:7 (NLT) A thousand may fall at your side, and ten thousand at your right hand, but it will not come near you.

That's not natural protection; that's supernatural.

Activating the Covenant

God's covenant promises are not automatic.

Just like a legal contract must be signed, the promises of Psalm 91 must be believed, spoken, and lived in.

Silent belief is not enough; faith must speak.

Psalm 91:2 (NLT) I will say of the Lord, He is my refuge and my fortress, my God, in whom I trust.

That's a declaration, not just a thought. Faith is a speaking spirit; it gives voice to the promises of God.

When you speak the Word, you are doing more than reciting Scripture; you are issuing divine instructions to your body, your mind, and your environment.

Even when life's circumstances seem impossible, even when fear, sickness, or death looms, we continue to stand on God's promises. Faith isn't dependent on what we see; it's anchored in what God has said.

Faith is spoken and active, even in the valley. We declare God's promises out loud, not because the situation is safe or predictable, but because His Word is true.

When the storms come, and they will, we speak life. We stand. We trust. We keep declaring His Word, even before the outcome arrives. Because His Word never fails.

His presence, His Word, His promises, these are not theories; they are the foundation that carries you through life's hardest seasons.

Practical Principles for faith adventures

1. **First words matter** – The first thing you say in a crisis sets the tone for your faith.

Proverbs 18:21 (NLT) – “The tongue can bring death or life; those who love to talk will reap the consequences.”

2. **Daily confession builds spiritual reflexes** - If you speak the Word daily in peace, you'll speak it naturally in a storm.

Joshua 1:8 (NLT) – “Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.”

3. **Remember past victories** – They fuel present faith.

Psalm 77:11 (NLT) – “But then I recall all you have done, O Lord; I remember your wonderful deeds of long ago.”

4. **Faith is active** – It believes, speaks, and refuses to let go.

2 Corinthians 4:13 (NLT) – “But we continue to preach because we have the same kind of faith the psalmist had when he said, ‘I believed in God, so I spoke.’”

5. **God is in the details** – Even in the small moments, He shows His care.

Matthew 10:29–31 (NLT) “What is the price of two sparrows—one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. And the very hairs on your head are all numbered. So don’t be afraid; you are more valuable to God than a whole flock of sparrows.”

Still in the Fight / Closing

Just because we’ve seen God’s faithfulness in a big, undeniable way doesn’t mean the fight is over. The truth is that life is always going to bring trials. God’s Word tells us we will walk through hard times, but it also reminds us that Jesus has already overcome the world. Sometimes the answer doesn’t come the way we expect. Sometimes the outcome isn’t what we prayed for.

But here’s what we can know: God is still good. His promises are still true. And no matter what we face, we can stand on Him. Because if we know Him, then no matter how the story unfolds, we win.

