

## Psalm 91 Bible Study: Download PDF

Hello friend!

In this post, join me as we take a journey through the book of Psalm 91, verse by verse, in order to receive instruction from the Word of God. I pray that the Holy Spirit quickens our understanding of this chapter and makes us see the wondrous things hidden therein. Welcome!

### Psalm 91:1

***"He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty."***

To dwell means to remain in a particular place.

The secret place of the Most High is a place where God is found. This place is also known as God's Presence." It is a place of meditation or contemplation about **God, His works, His deeds, His precepts, His ways, and His statutes.**

This is the place God referred Joshua to, as recorded in Joshua 1:8. Scripture says:

***"This book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. "Then you will make your way prosperous, and then you will have good success."***

This place is mentioned in the following scriptures:

Psalm 63:6

***"When I remember You on my bed, I meditate on You in the night watches."***

Psalm 77:12

***"I will also meditate on all Your work and talk of Your deeds."***

Psalm 119:15

***"I will meditate on Your precepts and contemplate Your ways."***

Psalm 119:23

*"Princes also sit and speak against me, but **Your servant meditates on Your statues.**"*

Psalm 119:27

*"Make me understand the way of Your precepts; so **shall I meditate on Your wonderful works.**"*

According to the Apostle Paul, this is a place where you meditate on things that are true, noble, just, pure, lovely, of good report, of virtue, and praiseworthy. This is recorded for us in Philippians 4:8, which says

*"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue, and if there is anything praiseworthy, meditate on these things."*

The shadow of the Almighty mentioned in this verse is a place of protection by God against all life-threatening situations. When you choose to abide in God's presence, you are protected from anything and everything that may threaten your life.

**Psalm 91:2**

***"I will say to the LORD, 'You are my refuge and my fortress, my God, in whom I trust.'"***

In this verse, the psalmist voices his trust in God by declaring that He is his refuge and fortress.

The term refuge implies a place of safety or shelter from trouble.

The term fortress means a stronghold.

So, to the psalmist, God is a shelter and a stronghold for those who put their trust in Him and tarry in His presence.

## 15 Benefits of Dwelling in the Secret Place of the Most High

Now, the verses that follow talk about the benefits of dwelling in the secret place of the Most High. These benefits include:

### 1. Protection from the snare of the fowler.

#### Psalm 91:3

***"Surely He shall deliver you from the snare of the fowler and from the perilous pestilence."***

This verse tells us that when you dwell in His presence, He will deliver you from the snare of the fowler. What does this mean?

A snare is *'a strap for catching birds or animals, typically one having a noose of wire or cord'* (Oxford Languages Dictionary).

A fowl is *'a bird of the order Galliformes that is kept for its eggs and flesh'* (Oxford Languages Dictionary).

A fowler is *'a person who hunts wildfowl.'* (Merriam-Webster Dictionary)

Therefore, when the scripture says that God will deliver you from the snare of the fowler, what it implies is that He will deliver you from the traps that the enemy lays on your path.

The devil is constantly laying traps in the path of a believer in order to catch him and cause him to fall. This is what the psalmist is talking about in Psalms 38:12, where he says:

*"Those that seek my life lay snares for me; those who seek my hurt speak of destruction and plan deception all the day long."*

Similar sentiments are echoed in Psalm 119:110, as follows:

*"The wicked have laid a snare for me, yet I have not strayed from Your precepts."*

So, these are the snares that God will deliver you from if you stay put in His presence. And you will join the psalmist in saying:

"Our soul has escaped as a bird from the snare of the fowlers; the snare is broken, and we have escaped." Psalms 124:7

## 2. Protection from the perilous pestilence.

### Psalm 91:3

***"Surely He shall deliver you from the snare of the fowler and from the perilous pestilence."***

Psalm 91:3 also tells us that God will protect us from perilous pestilence when we choose to dwell in His presence.

The term perilous means 'dangerous or risky' (Oxford Languages Dictionary).

The term pestilence means 'a fatal epidemic disease' (Oxford Languages Dictionary).

So when the scripture says that God will protect you from the perilous pestilence, it means that He will protect you from a dangerous and fatal epidemic disease. In other words, during the outbreak, He will keep you from getting infected by the agent that causes that particular disease, be it a bacteria, fungus, or virus.

A good example is recorded for us in Exodus 9:1-4 and Exodus 9:6. Scripture says:

*"Then the LORD said to Moses, 'Go in to Pharaoh and tell him.'" Thus says the LORD God of the Hebrews: 'Let My people go, that they may serve Me. For if you refuse to let them go and still hold them, behold, the hand of the LORD will be on your cattle in the field, on the horses, on the donkeys, on the camels, on the oxen, and on the sheep—a very severe pestilence. And the LORD will make a difference between the livestock of Israel and the livestock of Egypt. So nothing shall die of all that belongs to the children of Israel.'"*

*So the LORD did this thing on the next day, and **all the livestock of Egypt died; but of the livestock of the children of Israel, not one died.**"*

**3. He shall cover you with His feathers; His wings will become your refuge.**

**Psalm 91:4**

***"He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler."***

Psalm 91:4 tells us that God covers those who dwell in His presence with His feathers. The same verse also says His wings become your refuge when you choose to dwell in His presence.

This indicates a place of intimate protection from God.

When God covers you with His feathers, your safety from danger is guaranteed.

**4. His truth becomes your shield and buckler.**

**Psalm 91:4**

***"He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler."***

Psalm 91:4 tells us that when you dwell in the presence of the Most High God, His truth becomes your shield and buckler.

A shield is a *'broad piece of metal or another suitable material, held by straps or a handle attached on one side, used as a protection against blows or missiles'* (Oxford Languages Dictionary).

When used as a verb, the word shield means 'to protect someone or something from a danger, risk, or unpleasant experience' (Oxford Languages Dictionary).

A buckler is *'a small round shield held by a handle or worn on the forearm'* (Oxford Languages Dictionary).

The Bible teaches that **God's word is truth** (Psalm 119:160).

Therefore, when you dwell in God's presence, His truth (the word of God) becomes your protector against the blows and missiles the enemy sends your way.

## **5. Protection from the terror of the night.**

### **Psalm 91:5**

***"You shall not be afraid of the terror by night nor of the arrow that flies by day."***

When you dwell in the presence of God, Psalm 91:5 teaches that He protects you from the terror or dread that visits the earth at night.

Nighttime is characterized by darkness. It is during the night that wicked people scheme evil against the just of the land. They believe that they cannot be seen at night because it is dark. They forget that, to God, day and night look the same (Psalm 139:12).

Job 24:14–16 (English Standard Version) captures this very well. It says:

*"The murderer rises before it is light that he may kill the poor and needy, and in the night he is like a thief."*

So, God promises those who dwell in His presence that they will not be affected by the terror visited on them at night by the wicked people.

## **6. Protection from the arrow that flies by day.**

### **Psalm 91:5**

***"You shall not be afraid of the terror by night nor of the arrow that flies by day."***

When God's presence becomes your home, He has promised to deliver you from the arrow that flies by day.

These arrows come from wicked people, as mentioned in 11:2. The scripture says:

*"For look! The wicked bend their bow; they make ready their arrow on the string, that they may shoot secretly at the upright in heart."*

According to Psalm 64:2-4, arrows are likened to bitter words or even false accusations that wicked people direct at the righteous with the aim of bringing them down. The scripture says:

*"Hide me from the secret plots of the wicked, from the rebellion of the workers of iniquity, who **sharpen their tongue like a sword** and bend to shoot their arrows—**bitter words**—that they may shoot in secret at the blameless; suddenly they shoot at him and do not fear."*

These arrows are likened to the 'scourge of the tongue' in Job 5:21. The scripture says:

*"You **shall be hidden from the scourge of the tongue**, and you shall not be afraid of destruction when it comes."*

## **7. Protection from the pestilence that walks in darkness.**

### **Psalm 91:6**

*"Nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday."*

Psalm 91:6 teaches that God delivers those who remain in His presence from the pestilence.

We have since established that a pestilence is an epidemic or a disease outbreak with the ability to wipe out humans, livestock, or plants from the face of the earth.

Remember the COVID-19 (coronavirus) outbreak that claimed the lives of hundreds of thousands of people in the 2019–2021 period?

During this time, God delivered those who steadfastly remained in Him from getting infected by the deadly coronavirus.

## **8. Protection from destruction that lays waste at noon.**

### **Psalm 91:6**

*"Nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday."*

According to Psalm 91:6, God protects those who stay in His presence from destruction that occurs at noon.

The destruction may occur in the form of natural calamities such as floods, earthquakes, and extreme temperature conditions, among many others.

It may also be caused by human error, for example, road accidents, war, electrical faults, poisoning, complications arising from misdiagnosis, terrorist attacks, and many more.

Destruction may also be the result of attacks from wild animals such as wild cats (for example, lions and leopards), wild dogs, and snakes, among others.

Destruction may also be brought about by plagues such as the locust plague and the rat plague, among others.

The word of God says that all who stay in His presence shall be delivered from all these calamities and will escape unhurt.

This is the deliverance that Job talks about in Job 5:21–22. The scripture says:

*"You shall be hidden from the scourge of the tongue, and **you shall not be afraid of destruction when it comes.** You **shall laugh at destruction and famine**, and you shall not be **afraid of the beasts of the earth.**"*

Another good example of God's deliverance from destruction is the case of Noah and his family. We read in Genesis 7:23. The scripture says:

*"So He (God) destroyed all living things that were on the face of the ground: both man and cattle, creeping things, and birds of the air. They were destroyed by the earth. Only Noah and those who were with him in the ark remained alive. And the waters prevailed on the earth one hundred and fifty days."*

Shadrach, Meshach, and Abednego were delivered from destruction by fire at the hands of King Nebuchadnezzar. This happened when they were thrown into the fiery furnace at the command of the king after refusing to bow down and worship the image he had set up. Instead, they chose to remain in the secret place of the Most High.

On being thrown into the fiery furnace, an angel of the LORD showed up and quenched the power of the fire so that it did not consume them. Read Daniel 3 to get the full story.



This is what Daniel 3:26–27 says:

*"Then Nebuchadnezzar went near the mouth of the burning fiery furnace and spoke, saying, 'Shadrach, Meshack, and Abed-Nego, servants of the Most High God, come out and come here.' Then Shadrach, Meshach, and Abed-Nego came from the midst of the fire. And the satraps, administrators, governors, and the king's counselors gathered together, and they saw*

*"These men on whose bodies the fire had no power; the hair of their heads was not singed, nor were their garments affected, and the smell of fire was not on them."*

Similarly, God sent His angel to protect Daniel when he was thrown into the den of hungry lions. Read the full story in Daniel 6. For now, let us pick several verses to explain our point.

Daniel 6:16 says:

*"So the king gave the command, and they brought Daniel and cast him into the den of lions. But the king spoke, saying to Daniel, 'Your God, whom you serve continually, will deliver you.'"*

Daniel 6:19–22 says:

*"Then the king arose very early in the morning and went in haste to the den of lions. And when he came to the den, he cried out with a lamenting voice to Daniel. The king spoke, saying to Daniel, 'Daniel, servant of the living God, has your God, whom you serve continually, been able to deliver you from the lions?'*

*Then Daniel said to the king, 'O king, live forever! My God sent His angel and shut the lions' mouths, so that they have not hurt me, because I was found innocent before Him; and also, O King, I have done no wrong before you.'"*

## **9. Protection from a thousand and ten thousand enemies.**

### **Psalm 91:7-8**

***"A thousand may fall at your side and ten thousand at your right hand, but it shall not come near you."***

In this scripture, God promises those who dwell in His presence that He will deliver them from whoever attacks them.

This is what happened when God delivered King Hezekiah and Judah from the hand of the King of Assyria, called Sennacherib. Please read the full story in 2 Chronicles 32.

The real defeat of Sennacherib is recorded for us in 2 Chronicles 32:20–22 as follows:

*"Now because of this, King Hezekiah and the prophet Isaiah, the son of Amoz, prayed and cried out to heaven. Then the LORD sent an angel who cut down every mighty man of valor, leader, and captain in the camp of Assyria. So he returned shamefaced to his own land. And when he had gone into the temple of his god, some of his own offspring struck him down with the sword there.*

*Thus the LORD saved Hezekiah and the inhabitants of Jerusalem from the hand of Sennacherib, the king of Assyria, and from the hand of all others, and guided them on every side."*

Similar deliverance from the wicked is recorded for us in Proverbs 3:25:

*"Do not be afraid of sudden terror or trouble from the wicked when it comes; for the LORD will be your confidence and will keep your foot from being caught."*

Likewise, God can and will save you from the hands of your enemies as long as you remain in His presence.

## **10. Protection from evil and the plague.**

### **Psalm 9:10**

***"No evil shall befall you, nor shall any plague come near your dwelling."***

This scripture tells us that no evil shall befall those who remain in the presence of God, and no plague shall come near their residence.

A plague is 'a contagious bacterial disease characterized by fever and delirium' (Oxford Languages Dictionary).

So God promises those who dwell in His presence that He will deliver them from evil that manifests in different forms, such as plagues, war, and acts of terrorism, among others.

## **11. You get the angel's protection.**

### **Psalm 91:11-12**

***"For He shall give His angels charge over you, to keep you in all your ways. In their hands they shall bear you up, lest you dash your foot against a stone."***

Scriptures tell us that angels are '*ministering spirits to those who will inherit salvation*' (Hebrews 1:14).

This is repeated in Psalm 103:20, which says:

*"Bless the LORD, you His angels, who excel in strength, who do His word, heeding the voice of His word."*

These sentiments are also echoed in Psalm 34:7. It says:

*"The angel of the LORD encamps all around those who fear Him and delivers them."*

This tells us that God uses His angels to protect those who dwell in His presence from any life-threatening situation they may face. Let us consider a few examples from the Bible.

### Exodus 14:19

*"And the Angel of God, who went before the camp of Israel, moved and went behind them; and the pillar of cloud went from before them and stood behind them."*

This scripture talks about the angel who protected the children of Israel from being attacked by the Egyptian army on the shores of the Red Sea.

### Isaiah 37:36

*"Then the angel of the LORD went out and killed in the camp of the Assyrians one hundred and eighty-five thousand; and when the people arose early in the morning, there were the corpses— all dead."*

This scripture describes how God sent an angel to deliver King Hezekiah and Judah from the hand of Sennacherib, the King of Assyria.

Daniel 3:28

*"Nebuchadnezzar spoke, saying, "Blessed be the God of Shadrach, Meshach, and Abed-Nego, who sent His Angel and delivered His servants who trusted in Him, and they have frustrated the king's word and yielded their bodies, that they should not serve nor worship any god except their own God!"*

This scripture tells us how God sent His angel to deliver Shadrach, Meshach, and Abed-Nego from the hand of King Nebuchadnezzar of Babylon.

Daniel 6:22

*"My God sent His angel and shut the lions' mouth, so that they have not hurt me, because I was found innocent before Him; and also, O king, I have done no wrong before you."*

This scripture shows how the angel of God saved Daniel from being hurt by lions.

Even today, angels are still at work to minister to those who dwell in the presence of God, in accordance with Hebrews 1:14.

**12. You will tread upon the lion and the cobra; you shall trample underfoot the young lion and the serpent.**

**Psalm 91:13**

***"You shall tread upon the lion and the cobra; the young lion and the serpent you shall trample underfoot."***

The lion, the cobra, the young lion, and the serpent all represent the beasts of the earth. The scripture thus tells us that none of these beasts shall hurt you when you remain in the presence of the Most High.

These sentiments are in line with the words of Jesus recorded in Mark 16:17–18, which say:

*"And these signs will follow those who believe: in My name they will cast out demons; they will speak with new tongues; **they will take up serpents**; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."*

Job 5:22 also tells us that those who dwell in the presence of God 'shall not be afraid of the beasts of the earth'.

Ezekiel 34:25 carries the same theme when God says:

*"I will make a covenant of peace with them and cause wild beasts to cease from the land; and they will dwell safely in the wilderness and sleep in the woods."*

In Hosea 2:18, the prophet also speaks of peace with the beasts of the field for those who dwell in the presence of God. The scripture says:

*"In that day I will make a covenant for them with the beasts of the field, with the birds of the air, and with the creeping things of the ground. Bow and sword of battle, I will shatter from the earth to make them lie down safely."*

According to the scriptures, the serpent represents the devil. So, when the Bible says that you shall trample upon serpents, it means that you will have authority over the devil and demons through the name of Jesus Christ (Revelation 12:9).

### **13. You will be elevated.**

#### **Psalm 91:14**

***"Because he has set his love upon Me, therefore I will deliver him; I will set him on high because he has known My name."***

In this verse, God promises to 'set on high' those who choose to stay in His presence. This means promotion or uplifting. Here are some scriptures that qualify this statement:

#### **Psalm 75:6-7**

*"For exaltation comes neither from the east nor from the west nor from the south. But God is the judge; He puts down one and exalts another."*

Psalm 113:7-8

*"He raises the poor out of the dust and lifts the needy out of the ash heap, that He may seat him with princes—with the princes of His people."*

1 Samuel 2:7-8

*"The LORD makes poor and makes rich; He brings low and lifts up. He raises the poor from the dust and lifts the beggar from the ash heap, to set them among princes and make them inherit the throne of glory. 'For the pillars of the earth are the LORD's, and He has set the world upon them.'"*

So, expect promotion to come your way as you continue to remain in the presence of God.

#### **14. Your prayers will be answered.**

**Psalm 91:15**

***"He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him."***

God has promised to answer the prayers of all who dwell in His presence, whenever they pray. The following scriptures attest to this fact:

Jeremiah 33:3

*"Call to Me, and I will answer you and show you great and mighty things, which you do not know."*

Job 22:27

"You will make your prayer to Him; He will hear you, and you will pay your vows."

God has also promised to deliver His servants from trouble, as recorded in the following scriptures:

Psalm 23:4

*"Yeah, though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; Your rod and Your staff, they comfort me."*

Psalm 50:15

*"Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me."*

Psalm 81:7

*"You called in trouble, and I delivered you; I answered you in the secret place of thunder; I tested you at the waters of Meribah. Selah."*

Psalm 138:7

*"Though I walk in the midst of trouble, You will revive me; You will stretch out Your hand against the wrath of my enemies, and Your right hand will save me."*

This tells us that God will see His people through trouble when it comes calling, as long as they stay in His presence.

**15. He will satisfy you with long life and show you His salvation.**

**Psalm 91:16**

***"With long life, I will satisfy him and show him My salvation."***

Here, God says that He will satisfy those who dwell in His presence with a long life. This means that nothing shall cut short their lives as long as they remain in God. Let us look at some scriptures that support this statement.

Genesis 25:8

*"Then Abraham breathed his last and died in a good old age, an old man and full of years, and was gathered to his people."*

Job 5:26

*"You shall come to the grave at a full age, as a sheaf of grain in its season."*

Job 42:16-17

*"After this, Job lived one hundred and forty years and saw his children and grandchildren for four generations. So Job died, old and full of days."*

Psalms 16:11

*"You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore."*

Psalms 21:4

*"He asked life from You, and You gave it to him—length of days forever and ever."*

Psalms 50:23

*"Whoever offers praise glorifies Me; and to him who orders his conduct right, I will show the salvation of God."*

Proverbs 22:24

*"By humility and fear of the LORD are riches, honor, and life."*

From the scriptures reviewed above, we conclude that God saves all those who dwell in His presence and satisfies them with a long life.

I hope this was helpful. Thank you, and God bless.