

Day Twelve

Psalm 91

Abiding With the Father?



Yesterday we meditated on the many promises of protection found in Psalm 31. Continuing in the theme of security, let us look in Psalm 91 to find the key to possessing that security. First, let us go to our God in prayer;

Abba Father, your promises are all iron clad, and yet, I have not always realized the benefits of these promises in my life. Give me revelation; bring me on a journey into the depths of your love and provision. Teach me the keys to walking in your blessings. I ask this in the name and authority of your Son, Jesus Christ, amen.

Verse 1 is the key to understanding Psalm 91. We have to make the decision to “live” in the shelter of the almighty. How can we do that? The good news is, you have already taken the first step. By choosing to give God the first portion of your day, you begun the process of living with the abiding presence of God in your daily life. The more you become aware of God’s presence in any circumstance, the more you will manifest His promises in those circumstances.



[For your convenience, we have added a soundtrack to the background as you meditate on the word of God. You are welcome to keep this playing in the background that will end after 20 minutes followed by closing prayer.](#)

Psalm 91

¹ 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.”¹

¹ Tyndale House Publishers. (2013). [Holy Bible: New Living Translation](#) (Ps 91). Carol Stream, IL: Tyndale House Publishers.