

# REFUGE

## PSALM 91



MCA



### Sermon Outline

#### Key verse

*Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. <sup>2</sup> I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."*

Psalm 91:1-2

#### How to respond in times of suffering

1. Fall before the Almighty in reverence

Job 1:20

2. Run to the Almighty as your refuge

Psalm 46:1

3. Trust the Almighty as your rewarder

Psalm 16:5

*Shall we accept good from God, and not trouble?*

Job 2:10

### THE ALMIGHTY - *SHADDAI*

MAY 19  
DISCUSSION GUIDE

#### Opening Thought

This week we are studying the second name of God mentioned in Psalm 91. God is The Almighty – *Shaddai*. He is an immovable mountain and he is a nurturing presence. Both of these truths help us when we walk through times of suffering. Praise him and turn to him, knowing that he is your refuge.

#### Ice breakers

- What is a common misperception that people have about you?
- How good are you at recognizing bird calls? [Leaders: play a few bird calls of local native species and see if group members can identify the bird.]

#### Dig Deeper

- Read Jacob's blessing over Joseph in Genesis 49:22-26. Do these verses give you a different perspective on the Almighty?
- Read John 15:5-8. What does this teach us about God's blessings? Where do you want God to bless you with more fruit in your life?
- In what ways are you tempted to question God for a situation you are walking through?
- How has God blessed you recently?
- John shared three ways to respond in times of suffering. Which of these is most difficult for you?
- What stood out to you from the sermon today?

#### Closing

The Bible says that our Heavenly Father is our reward (Heb. 11:6, Gen. 15:1). You might be praised by people for your good deeds, but they won't count nearly so much as his pat on the head and loving word, "Well done." So keep trusting and keep following. He will see you through and he will sustain you on life's journey.