

July 3, 2016  
No Wake Zone  
Part 6—He Is Our Refuge  
Ted Cunningham

1. Are you able to relax? How do you like to relax?
2. Psalm 23 says, “He restores my soul.” How has God restored or replenished your soul?
3. Ted talked about a “renewed purpose.”
  - \*What significant decision have you made lately?
  - \*What would you like to accomplish?
4. The text, Psalm 91, begins by talking about trust, security, and refuge.
  - \*When have you run to God for refuge and found “He’s got this”?
  - \*”The Prayer” is a beautiful, relatively new song. The duet, almost operatic and sung by many esteemed artists, has the following refrain: ““Lead us to a place, guide us by your grace, to a place where we’ll be safe.”
  - Why do you think such a song is embraced by our secular society?
  - \*What does “dwelling in the shelter of the Most High” look like?
5. Psalm 91:4 says that “he will cover you with his feathers, and under his wings you will find refuge.”
  - \*Why is there such comfort in the image “under his wings you will find refuge”?
  - \*Can you recall a specific time you knew God protected you?
6. Psalm 91:4 also says that “his faithfulness will be your shield and rampart.”
  - \*Define shield and rampart and discuss how each word gives us insight into God’s faithfulness to us.
  - \*How does this faithfulness cause us not to fear the terrors and dangers that attack God’s people day and night?
  - \*What prayers has God answered to affirm his faithfulness in your life?
7. Psalms 91:10 says, “No harm will overtake you, no disaster will come near your tent.”
  - \*How are we to understand this when God’s people then and now do face disasters of various kinds?
  - \*How can we endure suffering yet still be protected and provided for?
  - \*How is Psalm 91 as much or more about our spiritual lives than our physical lives?
8. Verses 11-12 say God “will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone.”
  - \*Apart from a theological study of angels, do you think angels literally guard your ways?

\*What is an example of God seeming to care about a small detail?

\*How has God been with you in trouble?