

Your Psalm 91 Key to Freedom From Soul-Gripping Fear

Do you fear tribulations (difficult times), persecution and the uncertainty of the hour we live in? What will happen with your job? Your family? Your life? Do you sense the need for tighter security around you? Do you feel the need for more reassurance of the Lord's faithfulness? If so, you are not alone, many Christians struggle with fear concerning these troubling times during these last days.

How can we overcome these overwhelming feelings of fear and insecurity? One way to calm our hearts is to pray, and not just any prayer, but pray the Word of God.

I believe in the power of praying God's Word over ourselves and our families. Let's begin with Psalm 91 from the NKJV of the Bible.

- Read it several times to familiarize yourself with it.
 - After you are familiar with it, start with verse one and personalize it for yourself.
 - Meditate upon His protection.
 - Start to memorize this portion of Scripture.
 - When fearful thoughts come to taunt you quote Psalm 91 aloud.
 - Allow the power of God's Word to encourage you today.
1. "He who dwells in the shelter of the Most High shall abide under the shadow of the Almighty" (v. 1). It is our responsibility to choose those we will spend our time with during these turbulent times. We can spend our time with the spirit of fear, or we can make a quality decision and spend our time with the Lord. There is protection and provision when we are under the boundary of His shadow.
 2. "I will say of the Lord, "He is my refuge and my

fortress, my God in whom I trust" (v. 2). Declaring the attributes of the Lord is a powerful, but humble way to address the Lord. And He honors our faith in Him.

3. "Surely He shall deliver you from the snare of the hunter and from the deadly pestilence" (v. 3). What encouragement this can stir within us when we vocalize His greatness over our enemy, Satan and all of his wicked works.
4. "He shall cover you with His feathers, and under His wings you shall find protection; His faithfulness shall be your shield and wall" (v. 4). This Scripture is visually filled with His tenderness towards us and assures us of His divine protection.
5. "You shall not be afraid of the terror by night, nor of the arrow that flies by day" (v. 5). With God, we do not need to fear what comes against us in the supernatural realm, nor do we need to be afraid of what could rise against us in the physical realm. God is with us at all times.
6. "Nor of the pestilence that pursues in darkness, nor of the destruction that strikes at noonday" (v. 6). He has given us authority over things that can do us harm.
7. "A thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you" (v. 7). Again, we have a boundary of protection as we abide under His shadow.
8. "Only with your eyes shall you behold and see the reward of the wicked" (v. 8). It is reassuring to know we will be spared from the consequences of sin.
9. "Because you have made the Lord, who is my refuge, even the Most High, your dwelling" (v. 9). This is confirmation of the security we have in Him. And no matter what we will face in the days ahead, He is our security.
10. "There shall be no evil befall you, neither shall any

plague come near your tent" (v. 10). These are great statements of faith to declare over ourselves verbally every day.

11. "For He shall give His angels charge over you, to guard you in all your ways" (v. 11). He sends His ministering spirits to protect us from evil.
12. "They shall bear you up in their hands, lest you strike your foot against a stone" (v. 12). The angels have been signed a plan of action on our behalf.
13. "You shall tread upon the lion and adder, the young lion and the serpent you shall trample underfoot" (v. 13). He gives us authority over all of our enemies.
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" (v. 14). This is the reason we can activate the power of His redemption.
15. "He shall call upon Me, and I will answer him; I will be with him in trouble, and I will deliver him and honor him" (v. 15). These words bring assurance to us that no matter what happens in this life, He will respond to our need.
16. "With long life I will satisfy him, and show him My salvation" (v. 16). These are promised benefits that come from personal relationship with Him.

These are trying times, and we need to take control over a spirit of fear concerning these last days. Praying the Word of God gives strength and peace to our mind and emotions, and changes our focus from fear to His faithfulness. {eoa}

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