



The  
**POINT** >

God will take care of us no  
matter what we face.

> **PSALM 91:1-6,9-16**

<sup>1</sup>The one who lives under the protection of the Most High dwells in the shadow of the Almighty. <sup>2</sup>I will say concerning the LORD, who is my refuge and my fortress, my God in whom I trust: <sup>3</sup>He himself will rescue you from the bird trap, from the destructive plague. <sup>4</sup>He will cover you with his feathers; you will take refuge under his wings. His faithfulness will be a protective shield. <sup>5</sup>You will not fear the terror of the night, the arrow that flies by day, <sup>6</sup>the plague that stalks in darkness, or the pestilence that ravages at noon.

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<sup>9</sup>Because you have made the LORD—my refuge, the Most High—your dwelling place, <sup>10</sup>no harm will come

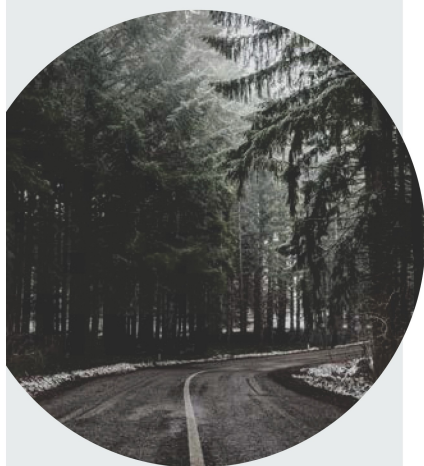
to you; no plague will come near your tent. <sup>11</sup>For he will give his angels orders concerning you, to protect you in all your ways. <sup>12</sup>They will support you with their hands so that you will not strike your foot against a stone. <sup>13</sup>You will tread on the lion and the cobra; you will trample the young lion and the serpent. <sup>14</sup>Because he has his heart set on me, I will deliver him; I will protect him because he knows my name. <sup>15</sup>When he calls out to me, I will answer him; I will be with him in trouble. I will rescue him and give him honor. <sup>16</sup>I will satisfy him with a long life and show him my salvation.



# THE BIBLE MEETS LIFE

## FACT:

In the 1600s, Russia froze water over a large wooden structure to create a sledding hill. Paris wanted in on the action, but when spring came, the ice melted. So they added wheels to the sled and a track for safety, and voila—the roller coaster.<sup>2</sup>



## LEVELS OF BIBLICAL LEARNING // SALVATION

God's salvation is eternal, and once we are adopted into God's family, nothing can separate us from Him.

Fear takes many forms. We all have things we go to great extremes to avoid. Many people have no desire to visit the reptile section of the zoo because, well, snakes. Some fears are good for us because they make us cautious. For example, I love woodworking, and my “healthy fear” of a running table saw is the reason I still have ten fingers.

But some people actually enjoy being afraid. That's one reason horror movies are so popular. For many, experiencing fear during a movie releases the chemical dopamine, giving them the same exhilaration they'd get from skydiving or bungee jumping.<sup>1</sup> While many of these horror fans would never jump out of a plane, they experience the same rush through movie-induced fear. They rationalize that a scary movie is a “safe” place to experience fear.

What looms before us may or may not be a legitimate concern, but the fear we feel is real. If unchecked, it can paralyze us or lead us to act irrationally. Thankfully, we do not face our fears alone. Psalm 91 gives us strong assurance that, whenever fear strikes, we can rest in God's power and protection.

## PSALM 91:1-6

**1** What things tempt you to be afraid?

**2** How do you usually respond when you're afraid?

## PSALM 91:9-13

**3** What are some of the biggest threats to our safety today?

**4** How have you seen God's protection?

**5** What can you do to trust more in God's protection?



*When we face difficult circumstances, we can take comfort in the fact that Jesus also went through difficult things, and He understands. #BSFLEmotions*

## PSALM 91:14-16

**6** What does it mean to set our hearts on God?

**7** Why should you set your heart on God when you're afraid?

**8** What steps can you take to set your heart on God?



There are many things in this life that might tempt us to fear. This is a natural response to the difficult things we face, as well as to those we may face in the future. However, we must be careful not to fall into patterns of unhealthy fear. Even though we will face difficult things, for those who are a part of God's family, Jesus said that we have no reason to fear those who would even kill us when we know our souls are secure for eternity (Matt. 10:28).

## > CHRIST

**9** Make a list of the things that scare you. Beneath each of those fears, note why trusting God will help you overcome that fear.

**10** Challenge yourself to memorize 2 Timothy 1:7 this week:

*“For God has not given us a spirit of fear, but one of power, love, and sound judgment.”*





## ➤ COMMUNITY

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God has called the church to serve one another.

**11** What fears are you dealing with right now? Set up a time to talk with someone you trust about dealing with this fear.

**12** Who do you know that is afraid? Send them a note of encouragement, or sit down together to help them work through their fear.

## ➤ CULTURE

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Many people in the world live in fear—fears related to schoolwork and tests, fears concerning friends and social situations, fears about their parents separating, and so much more.

**13** How can you demonstrate that Jesus helps us to overcome our fears?

**14** How will you use this as an opportunity to share the gospel?