

Ice Breaker

(in groups of 2 or 3 for larger groups)

Share about a secret play place or fort you had when you were a kid.

Talk About it!

1. Read **Psalm 91:1**

- a. What is the relationship between where you place your soul and spirit's attention, and the state of your emotions and mindset?

2. Read **Psalm 91:1-2**

- a. In the message, you heard about three distinct kinds of 'secret place' experiences; share what steps you are going to take to improve your own secret place experience

3. Read **Psalm 91:1-2** again

- a. What kinds of things do you say when you're talking to yourself? What kind of reset do you need? What is God's promise about this?

4. Read **Psalm 91:3-8**

- a. Which one of these kinds of protection or deliverance resonates with you the most and why? Why do you need that one more than the others?

5. Read **Psalm 91:9-13**

- a. What kind of declaration does this scripture urge you to make, and what does that lead to? How do you need to grow in speaking forth spiritually empowering, truthful declarations?

6. Read **Psalm 91:14-16**

- a. How does God want you to grow in your relationship with Him? Is there any way the group can support you in taking steps toward that?

Scripture Reference

QUESTION 1 SCRIPTURE

Psalms 91:1 NLT

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.

QUESTIONS 2 & 3 SCRIPTURE

Psalms 91:1-2 NLT

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the LORD: He alone is my refuge, my place of safety; he is my God, and I trust him.

QUESTION 4 SCRIPTURE

Psalms 91:3-8 NLT

For he will rescue you from every trap and protect you from deadly disease. He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection. Do not be afraid of the terrors of the night, nor the arrow that flies in the day. Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday. Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you. Just open your eyes, and see how the wicked are punished.

QUESTION 5 SCRIPTURE

Psalms 91:9-13 NLT

If you make the LORD your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your home. For he will order his angels to protect you wherever you go. They will hold you up with their hands so you won't even hurt your foot on a stone. You will trample upon lions and cobras; you will crush fierce lions and serpents under your feet!

QUESTION 6 SCRIPTURE

Psalms 91:14-16 NLT

The LORD says, "I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation."