



231: Psalm 91

Psalm 91, read first from the New International Version and then from The Message.

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.” Surely, He will save you from the fowler’s snare and from the deadly pestilence. He will cover you with His feathers and under His wings, you will find refuge. His faithfulness will be your shield and rampart. You will not fear the terror of night nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that distorts at midday.

A thousand may fall at your side, 10,000 at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked. If you say the Lord is my refuge and you make the most high your dwelling, no harm will overtake you, no disaster will come near your tent, for he 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.

You will tread on the lion and the cobra. You will trample the great lion in the serpent. “Because he loves me,” says the Lord, “I will rescue him. I will protect him, for he acknowledges my name. He will call on me and I will answer him. I will be with him in trouble. I will deliver him and honor him. With long life, I will satisfy him and show him my salvation.”

You, who sit down in the high God’s presence, spend the night in Shaddai’s shadow, say this. “God, you are my refuge. I trust in you and I’m safe.” That’s right. He rescues you from hidden traps, shields you from deadly hazards. His huge, outstretched arm protects you. Under them, you are perfectly safe. His arms fend off all harm. Fear nothing, not wild wolves in the night, not flying arrows in the day, not disease that prowls through the darkness, not disaster that erupts at high noon. Even though others succumb all around, drop like flies right and left, no harm will even grace you. You’ll stand untouched, watch it all from a distance, watch the wicked turn into corpses. Yes, because God’s your refuge. The high God, your very own home.

Evil can’t get close to you, harm can’t get through the door. He ordered his angels to guard you wherever you go. If you stumble, they’ll catch you. Their job is to keep you from falling. You’ll walk unharmed among lions and snakes and kick young lions and serpents from the path. “If you’ll hold on to me for dear life,” says God, “I’ll get you out of any trouble. I’ll give you the best of care, if you’ll only get to know and trust me. Call me and I’ll answer, be at your side at bad times, I’ll rescue you, then throw you a party. I’ll give you a long life, give you a long drink of salvation.”

This is the word of the Lord. Thanks be to God.