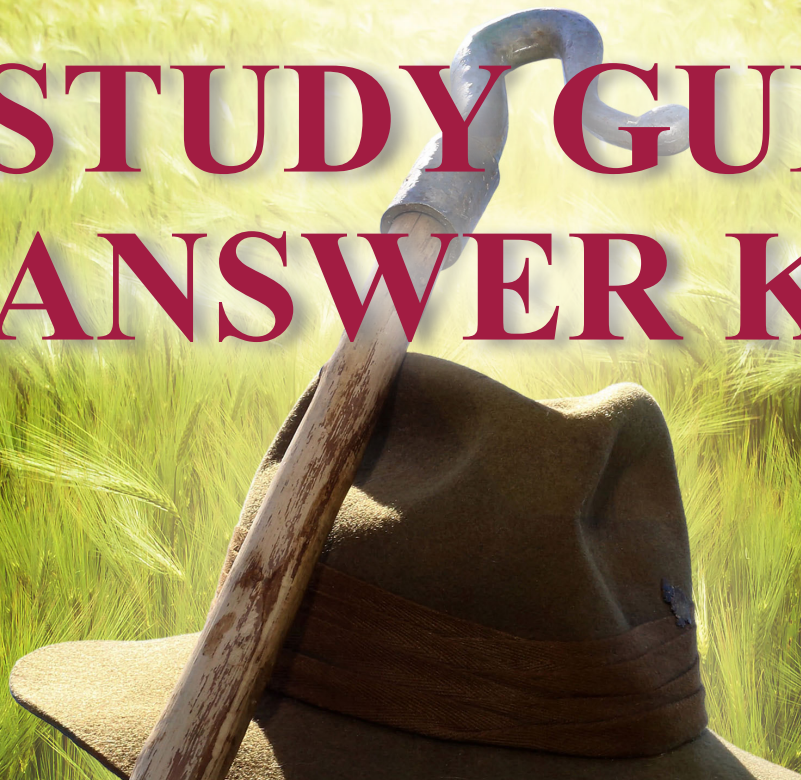


GOD'S SECRET PLACE:

UNDERSTANDING PSALM 91

*From Overwhelmed
to Unshakeable*

**STUDY GUIDE
ANSWER KEY**



God's Secret Place: Understanding Psalm 91

Study Guide - Answer Key

Chapter One

The God of Psalm 91

1. What are the four titles of God described in verses 1-2?

- A. **MOST HIGH (V.1)**
- B. **ALMIGHTY (V.1)**
- C. **LORD (V.2)**
- D. **MY GOD (V.2)**

2. What are the Hebrew words - and its meaning - for the four above titles?

- E. **Most High: elyon, meaning elevation, lofty, supreme**
- F. **Almighty God: shaddai, meaning Almighty, all powerful (omnipotent)**
- G. **LORD: yahweh, jehovah, yehovah, meaning Master**
- H. **My God: elohim, meaning God**

3. Who is the first person to hear God's Name? (Exodus 6:3)

Moses

4. What Name do we use when we want to connect with God (Acts 4:12; Philippians 2:9-11)

The Name of Jesus

5. How is God described in the following verses: Isaiah 12:2; 44:6

The Lord Jehovah is my salvation (12:2); He is the ‘first and the last,’ a phrase implying divinity (44:6). It is used of Jesus in Revelation 1:11, 1:17, 2:8, 22:13.

6. What is the God of Psalm 91 described as in these verses: Isaiah 40:28; Romans 1:25; 1 Peter 1:19

Creator

Chapter Two

A Closer Look at the Secret Place and the Problem of Pain

1. The Bible gives several examples of God providing a secret place of refuge. Name the person who received refuge and also the name of that refuge found in Chapter Two.

- I. Genesis 6:8: **Noah's Ark**
- J. Genesis 26:22: **Isaac's Rehoboth**
- K. Genesis 32:30: **Jacob's Peniel**
- L. Genesis 41:34-36: **Joseph's storehouse**
- M. Numbers 35:10-11: **The Torah's 'Cities of Refuge'**
- N. Ruth 2:12: **Ruth and the Wings of the Lord.**

Promises of Divine Refuge

Describe the promises of divine refuge in the following verses:

- 2. Psalm 32:7: **God is our hiding place who preserves us from trouble.**
- 3. Proverbs 18:10: **God's Name is a high tower; the righteous run into it and are safe.**
- 4. Psalm 46:1: **God is our refuge and strength, a very present help in trouble**
- 5. Nahum 1:7: **The good Lord is a stronghold in the day of trouble**
- 6. Zephaniah 2:3: **Seek God and you will be put in the hidden place.**
- 7. Luke 21:36: What does Christ want you to do according to this verse and what is the benefit of doing it? **Watch and pray always so you are counted worthy to escape all the tribulation woes and stand before the Son of man**
- 8. Revelation 3:10: What does Christ promise the church at Philadelphia and why? **They will be kept from the hour of worldwide temptation because they kept the word of His patience.**

The Question of Suffering

The question of why believers experience pain and suffering is not an easy one, but there are solid, sound, Biblical answers. Having a ‘theology of suffering’ will help us to make sense of painful and challenging situations and give us the means to handle them. God is more than ready to help us through pain, hardship, and grief, but we must come to Him on His terms, in His timing, and on His territory.

1. Name the different kinds of suffering experienced by people of faith in Hebrews 11:35-38:

Tortured, not delivered, trial of cruel mocking, scourging, bonds, imprisonment, stoned, sawn asunder, tempted, slain with the sword, wandered around in animal skins, destitute, afflicted, tormented, wandered in a variety of places.

2. Remember: God is righteous but the world is evil. Who are our real enemies as described in Ephesians 6:12?

Principalities, powers, rulers of the darkness of this world, spiritual wickedness in high places.

3. Many ask: if God is good, why doesn’t He do something? Answer: He already has! He sent the holy, righteous ‘second Adam’ to cancel out the sin and death of the ‘first Adam’ (Genesis 3). Who is the second Adam (1 Corinthians 15:45)?

Jesus Christ

4. What insights do you get about suffering from the promise of 1 Corinthians 10:13?

Your temptation is not unique but known by many other people. God’s faithfulness will not allow you to be tempted beyond your capacity. He will make a way of escape that you can bear it.

5. During times of trouble, what is the solution (Psalm 46:1)?

The solution is God, our refuge, strength, and very present help in times of trouble.

6. How should we respond (Hebrews 4:16)?

Boldly come to the throne of grace. Mercy and grace will be waiting for you there.

7. Suffering can be part of God's discipline of His children. Look at Proverbs 3:11-12 and describe God's motive. How should we respond?

God disciplines out of love and delight. We should not despise God's loving correction or be weary when it happens

8. What is God's promise that makes suffering manageable and ultimately redemptive (see Matthew 28:20 and Hebrews 13:5)?

The Lord will never leave or forsake us; He is with us to the end of the age

Chapter Three

Where is the Secret Place? (Psalm 91:1-2)

1. What lessons do you learn about 'abiding in Christ' from John 15:1-11?

Unfruitful branches are cut off; fruitful ones are pruned to maximise fruitfulness. We are cleansed by the spoken word. You can only bear fruit as a branch if you abide in Christ. Failure to abide means bareness and judgement. Abiding in Christ gives you a key to answered prayer. God is glorified when we bear much fruit. Abiding means keeping the commandments and abiding in His love. Abiding means possessing Christ's joy.

2. Getting into God's presence has numerous benefits. These include:

- A. Deuteronomy 20:1 **Courage in the battles of life.**
- B. Exodus 3:12: **An incentive to keep going.**
- C. Exodus 33:14-17: **John 14:20**
- D. Exodus 33:14, 18: **Rest and repose.**
- E. Leviticus 26:12: **Adoption and His superintending care.**
- F. Isaiah 43:2: **Comfort in Trials.**
- G. Zechariah 2:10: **God among believers.**
- H. Matthew 18:20: **An incentive for fellowship.**

3. Refuge means a place of protection, shelter and safety in time of need. Where did David take refuge in 1 Samuel 22:1?

The Cave of Adullam.

4. Describe the refuge God provides in Deuteronomy 33:27

God is the eternal refuge; His everlasting arms are underneath us; our enemies He will thrust out and destroy.

5. Fortress: A strongly fortified town or fort. It protects you from external enemies, even if they are powerful. What synonyms are used to describe God as a fortress in Psalm 18:2?

Rock, fortress, deliverer, strength, buckler, horn of salvation, high tower, my God.

6. Now that you found God as your refuge and fortress, you need a key to enter into the secret place.. That key is found in Proverbs 3:5 and Isaiah 26:3. What is it?

Trust in the Lord with all your heart; perfect peace will be yours because you trust in Him.

Chapter Four

Promise of Deliverance (Psalm 91:3)

1. According to **Psalm 91:3**, what is your source of deliverance from the snare of the fowler and noisome pestilence?

The assurance that God will deliver you from the fowler's snare and the noxious pestilence.

2. What do **Proverbs 22:3** and **27:12** say about the prudent man v. the simple one?

The prudent man foresees the evil and hides himself. The simple person continues on and is punished.

3. Regarding plagues, pestilence, and illness, what are some of the practical and spiritual things you can do to build up your immunity?

Natural: maintain a healthy and sensible lifestyle; Spiritual: Ultimately God is the one who will give you health and longevity. Invest in your spiritual life.

4. What is the source of great deliverance according to 2 Samuel 8:6 and Job 5:19?

God will preserve His obedient, trusting servant.

5. When David walked through the valley of the shadow of death in **Psalm 23:4**, he was fearless; what was the basis of his fearlessness (list three things)?

God was with him; God's rod and staff comforted him.

6. Who is the source of the deliverance of the saints according to Psalm 34:7 (cf. Matthew 18:10)?

The angel of the Lord.

Chapter Five

God's Truth Delivers

1. Paul speaks about truth and deception in his end-time passage in **2 Thessalonians 2:9-12**. What phrases does he use to describe truth and deception/lies/falsehood?

The lawless one, the activity or working of Satan, signs and lying wonders, de-ceivableness of unrighteousness, lack the love of the truth that leads to salvation.

2. What is Paul's warning in verse 2 of that same passage?

Do not be soon shaken in mind, nor trouble by spirit, word, or letter (v. 3) Let no man deceive you by any means

3. **John 8:44**: According to this verse, what is the devil's native language?

When Satan lies, he speaks his mother tongue.

4. God's unassailable everlasting truth is found in three immutable and undeniable sources. List them and write a short definition.

John 14:6: **Jesus Christ is the truth; He is truth personified**

John 16:13: **The Holy Spirit is the Spirit of truth**

John 17:17: **God's Word is truth.**

6. **Psalm 91:4**: List the four elements of protection made possible by God's truth.

God's truth means 1. He will cover you with His feathers; 2. Under his wings you shall trust, truth will be 3. Your shield and 4. Your buckler

Chapter Six

No-Fear Zone

1. **Fearless four - Psalm 91:5-6:** What are the four menacing situations that you will not fear thanks to God's secret place?

You will not fear 1. Terror by night; 2. Arrow by day; 3. Pestilence in darkness 4. Destruction at noon.

2. In order to enter into God's secret place, we need to come close to God. What do we learn from **James 4:7-8** on this point?

Submit yourself to God. Simultaneously resist the devil (and he will flee from you); draw close to God and He will draw close to you. Cleanse your hands and your hearts.

3. **Psalm 91:6 and Exodus 15:26-27** mention freedom from plagues. According to these verses, what steps must you take to avoid pestilence/plague/pandemic?

Diligently hearken to God's voice; do what is right in His sight; will give ear to his commandments, and keep all his statutes.

4. Destruction at noon: Calamitous events can happen at any time, day and night. **Psalm 91:7** speaks of the secret place person as invincible. Explain what that means

The believer in the secret place will be bulletproof against attack, even though people nearby will fall.

5. Page 120 onwards: List the six characters in Scripture who were judged by God.

- 1. ADONIZEDEK Judges 1:7;**
- 2. ABIMELECH 9:24, 53-54;**
- 3. ABSALOM 2 Samuel 18:9-17;**
- 4. JOAB 1 Kings 2:32;**
- 5. HOUSE OF AHAB 2 Kings 9:21-37;**
- 6. HAMAN Esther 7:10.**

6. Page 123: List the five commandments violated by King David when he sinned with Bathsheba and murdered her husband, Uriah the Hittite, who was one of his mighty men, in **2 Samuel 11**?

- 1. Exodus 20:17 (covetousness);**
- 2. Exodus 20:4-6 (idolatry);**
- 3. Exodus 20:15 (stealing);**
- 4. Exodus 20:14 (adultery);**
- 5. Exodus 20:13 (murder).**

NOTE: One could argue David violated the first and third commandments, too.

7. What is the glorious promise of **John 5:24**?

To the person who hears and believes Christ's words has everlasting life, avoids condemnation, and has passed from death to life.

Chapter Seven

Divine Protection Reaffirmed

1. **Psalm 91:9:** The Lord is called ‘my refuge’ and the Most High God. There is nothing and no one higher than Him. According to this verse, **who** made the Most High their habitation?

The believer who calls God their refuge and habitation.

Inside the divine refuge, God will calm you, load you with His peace (John 14:27), and keep you from the fear of evil (Proverbs 1:33). By day, you will walk in a sure-footed and confident manner; by night, you can lie down, easily fall asleep (Proverbs 3:23-24), and enjoy sweet dreams.

2. What is the two-fold promise of Psalm 91:10?

No evil will befall you nor plague come nigh to your dwelling.

3. You may not always get such a tidy, textbook answer to your own frightening or difficult situations. But that does not mean that you cannot experience the same peace as the others. By now, you should know what to do: Keep actively and consistently confessing and committing your fears and problems to God. Keep trusting, praying, praising, and patiently enduring. You are serving God nobly as you continue to persevere in the face of trials. And your reward will be great.

4. How long should you keep trusting God (pick one) A. For at least three months; B. For at least two years; C. For as long as it takes.

C

Chapter Eight

Angels on Assignment

1. Name the Biblical beneficiary and location of angelic ministry as mentioned in the following verses

- A. Hebrews 1:14: **Heirs of salvation, everywhere and at all times.**
- B. Genesis 16:7: **Hagar in the wilderness.**
- C. Genesis 19:16: **Lot in Sodom.**
- D. Genesis 22:11: **Abraham and Isaac on Mount Moriah.**
- E. Genesis 32:24-29: **Jacob wrestles with the angel at Peniel.**
- F. Exodus 14:19; 23:20-23: **The children of Israel in the wilderness.**
- G. 1 Kings 19:4-8: **Elijah fled from murderous Jezebel in the wilderness.**
- H. Mark 1:13: **Jesus in the Judean wilderness.**
- I. Acts 5:19-20; 12:7: **Peter was liberated from prison twice.**
- J. Acts 27:33: **Paul is on a ship during a wild, long-lasting Mediterranean storm.**

2. **Psalm 91:11:** Who commissions the angels? What charge are they given?

God will give His angels charge over us so that we may be kept and protected in all our ways

3. **Psalm 91:12** is reiterated in Jude v. 24. What is the two-fold work of God according to this verse?

They will carry us in their hands lest we dash out foot against the stone.

- 1. Keeping us from falling**
- 2. Present us faultless.**

4. Who uses or misuses **Psalm 91:4** (Matthew 4:6)? What was the Scriptural response to this (Matthew 4:7)? Where is this verse originally found in Deuteronomy?

Satan misuses this verse. Jesus replies that you shall not tempt the Lord Your God. Deuteronomy 6:16.

5. Speaking metaphorically, God promises to watch our steps using the following imagery:

K. Psalm 18:36: **Enlarged steps.**

L. Exodus 19:4: **Eagle's wings**

M. Isaiah 41:10: **God's right hand**

N. Deuteronomy 33:27: **Everlasting arms**

O. Isaiah 46:3-4 (God's four-fold act): **God's four-fold act**

Chapter Nine

Wild Animals Subdued

1. **Psalm 91:13:** List the menacing creatures found in this verse

Lion, adder (cobra), young lion, dragon (serpent).

2. **Genesis 1:26** expresses God's desire to create humankind in His image. What did he want his image-bearer to do with creation?

He will have dominion over the fish, fowls, cattle, and everything that walks on the earth.

3. **Genesis 9:2** After the Fall and the Flood, what was God's promise to Noah?

The fear of you and the dread of you shall be upon every beast of the earth and upon every bird of the heavens, upon everything that creeps on the ground and all the fish of the sea. Into your hand they are delivered.

4. Name three men in the Old Testament who literally slew a lion.

Samson, David, and Benaiah

5. The first Messianic prophecy is given just after the Fall (when Adam and Eve sinned) in **Genesis 3:15**. Who was God speaking to and what was to be his fate? (v. 14-15).

God spoke to the serpent (the devil) that there would be conflict between his seed (seed of Satan) and the woman's seed (Christ); Satan shall bruise Christ's heel (the crucifixion) and Christ shall bruise his head (defeat of Satan).

6. Which book of the Bible mentions dragons more than any other? According to this book, who is the 'dragon' (12:9)?

Revelation: the dragon is that old serpent, the devil, and Satan.

7. **Luke 10:19:** What is Jesus' promise to his deployed disciples that resembles **Psalm 91**?

Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.

8. **1 John 3:8:** What has the devil been doing from the beginning? For what purpose has the Son of God manifested/come to this world?

The devil has sinned from the beginning; the Son of God manifested to destroy the devil's work.

He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil — 1 John 3:8.

9. **James 4:7:** What two steps do you need to take to cause the devil to flee from you?

Submit to God and 2. Resist the devil.

Chapter Ten

Deliverance and Promotion

1. Some wonderful promises are listed in vs. 14-16. List all eight of them.

1. God will deliver us,
2. Set us on high,
3. He answers when we call;
4. Be with us in trouble,
5. Deliver,
6. Honour us,
- 7 Give us longevity and
8. show his salvation.

2. Verse 14 lists two prerequisites to receiving those promises. What are they?

1. Set or focus our love on God;
2. Know God's Name.

3. The greatest commandment of all is found in **Deuteronomy 6:5** and **Mark 12:30**. Please describe what we do and to what extent we do it.

Love God with all your heart, soul, mind and strength

4. What book of the Bible is like a manual on how to love God? Psalm (hint: it's in the Old Testament).

Deuteronomy

5. Who are three men who 'walked with God?' **Genesis 5:22-24; Genesis 6:9; Malachi 2:4-6?**

Enoch, Noah, and Levi

6. In His great intercessory prayer for present and future disciples, Jesus describes eternal life in **John 17:3**. What is it?

And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent. In short, knowing God and knowing Jesus Christ is eternal life, since it takes all eternity to know them.

7. We are called to love God, know God, and walk with God. What do you learn about the Lord in the following verses:

P. Matthew 11:30: **His yoke is easy and His burden light.**

Q. John 14:6: **He is the way, the truth, and the life.**

R. John 16:33: **He has overcome the world.**

S. Matthew 11:29: **He is meek and lowly in heart.**

T. Revelation 22:13: **He is Alpha and Omega, the beginning and the end, the first and the last.**

U. Ephesians 1:21: **He is high above all principalities, power, might, dominion and every name that is named.**

V. Psalm 24:8,10: **He is the king of glory.**

W. Matthew 12:20: **He is ever gentle: a bruised reed He will not break and a smoking flax He will not quench.**

X. Matthew 28:18: **All authority is given to Him in heaven and on earth**

Y. Revelation 19:16: **King of kings and Lord of lords.**

8. **Isaiah 9:6:** Describe the multi-faceted Name of Jesus in this verse.

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.

9. What chapter of the Bible is known as the definitive chapter on ‘fasting?’

Isaiah 58.

10. In **Psalm 91:14** God promises to set you on high because you have known His name. This speaks of divine promotion. **Habakkuk 3:17-19** describes how to go from the valley bottom to the mountaintop. Before you make the alpine ascent, what does Habakkuk decide he is going to do for God? What does God promise to give the prophet in return?

Rejoice in the Lord and joy in the God of His salvation; God will give him hinds’ feet to walk upon the high places.

11. Walking with God puts you on the front lines of spiritual warfare. The devil hates losing territory to God's kingdom and will fight back. That's why divine promotion is often preceded by spiritual warfare. The definitive statement is found in **Ephesians 6:14-17**: Describe the six pieces of the armour of God:'

- A. Belt of truth on our waists: Truth is our entry visa to eternity, specifically the gospel truth.**
- B. Breastplate of righteousness: Righteousness doesn't come by 'being religious' but from Christ, who downloads His righteousness to all who believe (Philippians 3:9; Romans 3:22).**
- C. Gospel of peace on the feet: our feet are going to the right places, not the wrong ones.**
- D. Shield of faith: it protects us from the fiery darts of the wicked.**
- E. Helmet of salvation: protects the mind, which is a battlefield.**
- F. Sword of the Spirit, which is God's Word.**

12. **Ephesians 6:18**: Tells us to do two things: pray and watch. Please elaborate on both points from this verse.

Pray always in the Spirit and watch with all perseverance with/for all saints.

13. Speaking of promotion, Laodicea, the least worthy of the seven churches of Revelation was given the best promise of all **if** they could overcome their lukewarmness. What was that promise? (Revelation 3:21).

Sit with Christ on His throne just as He overcame and is seated at the right hand of God.

Chapter Eleven

God's Presence, Answered Prayer, and Enlargement

1. What is the first promise that is found in this verse?

God will answer him when he calls (prays).

2. What does God promise when the **Psalm 91** believer is in trouble?

God will be with the believer in trouble

3. What two things will he do regarding the believer and trouble (also in this verse)?

God will deliver and honour the believer in trouble.

Practical Steps to Manage Our Troubles

Write out the practical step as per the verse given:

1. Psalm 37:5: **Commit your trial and yourself to God and trust that He will effect the right outcome. He will.**
2. Hebrews 4:16: **This will enable you to come boldly unto God's throne of grace and seek His mercy and His grace in your time of need**
3. 1 Thessalonians 5:17: **Pray without ceasing and never give up.**
4. 2 Chronicles 7:14: **Humble yourself, pray, seek God's face, turn from your wicked ways. God will hear your prayer and bring healing to the land.**
5. Proverbs 4:20-23: **Search for, meditate upon, and speak out loud scriptures reminding you of God's nature, character, and extraordinary promises. Keep them amid your heart. For God promises that His Word brings life to those who receive it and health to all their flesh**
6. 1 Thessalonians 5:18: **In all things - good and bad - give thanks to God for this is His will.**
7. John 8:31-32: **Know the truth (put it into practice) and it shall set you free.**
8. Proverbs 3:5-6; Psalm 37:3: **Trust God with all your heart, all of the time, and He will direct your way.**

Describe 'enlargement' as found in the following verses

A. Psalm 4:1 : **Distress caused enlargement (Like growing pains, enlargement came at a time of distress. Coming close to God in times of trouble makes the difference)**

B. Psalm 18:19: **God's delight in you will bring your deliverance; He will bring you into a large place.**

C. 1 Chronicles 4:10; **The prayer of Jabez: He prayed that God would 'enlarge his coast.' God granted his request.**

Honour from God (v. 15)

According to Psalm 91:15, God will honour us. Describe this honour in the following verses:

1. Revelation 1:6; 5:10: **We are kings and priests to God**

2. Ephesians 1:4: **God chose us in Christ before the foundation of the world. Chosen to be holy and blameless before Him in love**

3. 2 Corinthians 5:20: **Ambassadors for Christ.**

4. 1 Peter 2:9: (four honours)

1. Chosen generation;

2. A royal priesthood;

3. A Holy Nation; a Peculiar people (special).

5. Romans 8:17: **Heirs of God, joint heirs with Christ**

6. Ephesians 1:3; **Blessed with all spiritual blessings in heavenly places**

Chapter Twelve

The Power of an Endless Life

What are the keys to longevity according to the following Scriptures?

1. Exodus 20:12: **Honour your father and mother; God will give you long life in the land.**
2. Deuteronomy 5:33: **Walk in the ways of God's commandments and you will prolong your days in the promised land (from a Christian context, you will live forever in the city with foundations, whose builder and maker is God - Hebrews 11:10)**
3. Psalm 34:12-16 (cf. 1 Peter 3:10): **Keep your tongue from evil and your lips from speaking guile.**
4. 1 Kings 3:14: **God to Solomon: David your father walked in my ways, statutes, and commandments; do likewise and I will lengthen your days.**
5. Proverbs 3:1-2: **Keep God's commandments with the heart and God will add to you the length of days, long life, and peace.**
6. Proverbs 3:7-8: **Don't be presumptuous; fear the Lord, depart from evil, it will be health to your navel and marrow to your bones.**
7. Proverbs 3:16: **In the right hand of wisdom is length of days.**
8. Proverbs 4:10: **Hear and receive the Word of God and the years of your life shall be many.**

Jesus Christ is a great Saviour who gives us great salvation (Hebrews 2:3). He saves us from seven formidable foes. Who are they?

1. Matthew 1:21: **Sin**
2. Isaiah 53:5: **Sickness**
3. Psalm 91:7: (it begins with 'D') **Danger**
4. John 16:33: **The world and worldliness**
5. 1 John 3:8:: **The Devil**
6. 1 Corinthians 15:25-26, 54-57: **Death**
7. Revelation 20:14: **Hell**

Yet there is an implicit indicator of eternity - not by what's in it but by what won't be in it. In the Eternal State, there will be no more (all references are from the Book of Revelation):

1. (20:14; 21:4): **Death**
2. (20:14): **Hades/Hell**
3. (21:1): **Sea**
4. (21:4): **Sorrow**
5. (21:4): **Crying**
6. (21:4): **Pain**
7. (21:8): **Cowardice**
8. (21:8): **Unbelieving**
9. (21:8): **Abominable**
10. (21:8): **Murderers**
11. (21:8): **Sexually immoral**
12. (21:8): **Sorcerers**
13. (21:8): **Idolaters**
14. (21:8): **Liars**
15. (21:22): **Temple**
16. (21:25): **Night**
17. (22:3): **Curse**
18. (22:15): **Dogs**