



2



He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. ... 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 destroys at midday.

Psalm 91:1, 5, 6 (NIV)



3

Discuss



- What are some things you have been afraid of in your life?
- List the three things mentioned in the scripture passage that you don't need to fear. You might want to look up the meaning of some of the words
- Now find in the scripture passage why you don't need to fear these things.
- Talk about why dwelling in God's "shelter" or resting in His "shadow" enables you to live without fear.



4

Pray Together



- Thank the Lord for the times He helped you when you were afraid.
- Ask God to help you remember to dwell in the shelter and shadow of His protection.
- Pray for people you know who are facing things that can cause terror by night, attack in the day, pestilence, or plague in their lives.



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