**1. Motivate**

What is a “helicopter parent”? Why do they act that way?

* a parent who pays extremely close attention to a child's or children's experiences and problems, particularly at educational institutions.
* they want to control and protect

A video introduction to the lesson is available. View it at <http://tinyurl.com/dw2utv5k> If you have no wi-fi where you teach, it is best to download the video to your computer from <http://tinyurl.com/27z7y3cd>

* they want to make sure no harm comes
* make sure everything is OK
* want to protect from any type of problems
* want no harm to come to their precious one

**2. Transition**

Even with parents who are super protective, they cannot solve every problem in one’s life.

* Today we consider how God is our ultimate protection
* We can trust Him to strengthen and help us.

**3. Bible Study**

3.1 Trust God’s Power to Protect

Listen for names of God.

Psalm 91:1-6 (NIV) He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. 2 I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." 3 Surely he will save you from the fowler's snare and from the deadly pestilence. 4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. 5 You will not fear the terror of night, nor the arrow that flies by day, 6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

What four names are used to refer to God? Note the meaning or emphasis of each one?

|  |  |
| --- | --- |
| Name | Meaning |
| * The Most High * The Almighty * LORD -- Jehovah, Yahweh * My God | * Supreme One, sovereign, superiority * translates “El Shaddai, powerful, omnipotent * personal covenant name of God, the I AM, The God Who IS (contrasted to those who are not) * Elohim – the One true God, note the “my” adjective |

What are dangers from which God will protect or rescue those who trust in God?

* the “fowler’s snare”, a trap
* deadly pestilence or plague
* terror of night
* the arrow that flies by day

How has God helped you when you felt trapped, experienced plague, were terrorized, or attacked?

* encouragement when feeling down
* provision – we didn’t starve, we had shelter, we were warm and cared for
* protection – in an accident, in a dangerous situation,
* assurance – reminded that He is powerful, He is sovereign and can do as He pleases to do, He loves us and will accomplish good things for us
* provided a verse or a promise to remind us of His watch care over us
* healing when severely ill

What are images used in the passage to convey God’s protection over His loved ones?

* dwell in the shelter
* rest in the shadow
* cover you with feathers
* refuge and fortress
* rescue from traps
* be a shield and rampart

Why do we sometimes forget God’s promise of protection?

* we want to do things on our own
* you might have gotten in the habit of depending on your “helicopter parents”
* we have not been filling our minds with God’s Truth, God’s promises
* our problems suddenly are overwhelming and that’s all we can think about
* we might not be associating with the Body of Christ … the support we get from fellow believers

In what ways do you find that God calms your fears when circumstances around you could leave you frightened?

* Reading God's promises gives peace
* Praying about the situation instead of worrying about it
* Realizing that in actuality I can do nothing to solve the problem … it is only God who can remedy the situation
* Remembering that God is in charge
* remembering times in the past when He answered prayer, solved the problem

As always …

* It is easy sitting in Sunday School to describe the calming presence and power of God
* It is much more of a struggle to apply these principles when everything around you is coming apart!

3.2 Rest in God’s Security

Listen for God’s provision

Psalm 91:9-13 (NIV) If you make the Most High your dwelling-- even the LORD, who is my refuge-- 10 then no harm will befall you, no disaster will come near your tent. 11 For he will command his angels concerning you to guard you in all your ways; 12 they will lift you up in their hands, so that you will not strike your foot against a stone. 13 You will tread upon the lion and the cobra; you will trample the great lion and the serpent.

Note the conditions of the “if statement”.

* Make the Most High your dwelling
* Take refuge in The God Who IS

List the promises that are extended to those who meet these conditions?

* no harm befalls you
* no disaster will come near your tent
* God sends angels to guard you
* the angels protect you from tripping
* you will be protected from dangerous situations (lion, cobra, serpent)

How do God’s angels minister to His people?

* they ride on the front bumper of your teenage drivers 😉
* they might nudge your hands on the wheel of your car just enough to miss a collision
* they could even show up as humans and render some sort of aid
* they might whisper in your ear or bring a thought to your mind what you could do in an emergency

What does it mean to make God your “dwelling place”?

* daily trust, depending on His protection, His supply
* making a practice to declare your trust and faith in the Lord
* you ”practice His presence” – choose to spend time with God, listening to what He says, talking to Him about both your problems and your joys
* regular attendance in God’s House … involvement in a local church congregation
* God’s help is the first solution you seek … not someone or something else

How do we *know* God cares about us when we experience dangerous and difficult times?

* He tells us in His word (which we must be reading to know about His care)
* He provides for us
* He takes us through those times
* He hears our prayers, our cries for help
* He sends angels to help, He brings other believers along to help
* The church, the Body of Believers is present to minister to one another in our times of need
* The Gifts of the Spirit are put to work – edifying one another

3.3 God Works in Our Behalf

Listen for God’s promises.

Psalm 91:14-16 (NIV) "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name. 15 He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. 16 With long life will I satisfy him and show him my salvation."

God is speaking here. What actions does He state that describe how a believer relates to Him?

* he loves me
* he acknowledges my name These are the *conditions* for
* he calls on God

List the *responses of God* to these expressions of faith and trust.

* rescue
* protection
* answer
* be with in trouble
* deliver
* honor
* satisfy with long life
* show salvation

What are some ways in which God has ministered to you in one of these ways recently?

* protection in driving
* given healing – physical, spiritual, emotional
* given peace in the midst of a hectic week
* provided strength to go on another day
* given assurance of His presence through a scripture passage

How can the principles of Psalm 91 shape the way we support and care for one another within our community or Bible Study group?

* someone else may be overwhelmed with or not even able to pray for deliverance
* we can be the ones who
  + offer encouragement
  + support them in prayer
  + be God’s hands to bring practical help
* each person of the Body of Christ has been given gifts, skills, resources to minister to other believers
* they in turn may have opportunity to minister to you in a different way in a different situation

🢥 Be encouraged for your own needs by the reality of God at work in one another's lives

🢥 Support one another in prayer for all these kinds of needs

Use the last page as a handout so your learners can take home the application points of this week’s lesson.

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Look in.

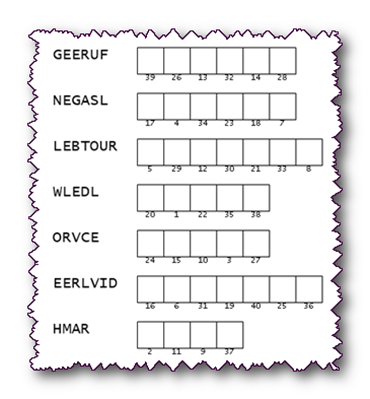
* Meditate on what makes you feel insecure.
* What causes you to be afraid?

Look up.

* Use Bible resources to look up other names of God.
* Look up to Him in prayer and surrender your cares to Him.

Look out.

* Look out for a friend who is experiencing difficulties.
* Encourage your friend by sharing these insights.



A close-up of a table

Description automatically generatedCartoon of a person in a uniform

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Double Puzzle

Our Air Force attaché at the embassy in Puertankibon received the two halves of the message from Spiros the Spy who is there on special assignment. As our resident decoding team is involved in a Middle School early basketball tournament, we need your help. The key words on the left are from Psalm 91. Unscramble them so they give you the letters to match the numbers in the main body of this important message. Tech help and more Family Activities are found at <http://tinyurl.com/27z7y3cd>