

# staying under God's shadow

Psalm 91

## MEMORY VERSE

PSALM 91:1

“He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.”

## WHAT YOU WILL NEED:

One black and one white piece of construction paper per child, a flashlight, pencils, masking tape, scissors and white crayons.

Three to four large potatoes.

## ATTENTION GETTER!

### Stay in the Shadow

You will need a strong flashlight. Have the children pair up with a partner. Each pair will take turns. When you turn the lights out, one child from the pair will stand in front of a wall with the flashlight shining on him producing a shadow on the wall. This child can do various movements (for example, jumping jacks, dance steps, shadow animals, etc.). The partner's job will be to mimic as best as possible what the first child is doing. Give each pair about a minute. After all pairs are finished, children will vote for which pair is the best “shadow follower.” (Of course, they must not vote for themselves.) Declare a winner.

**God is our protector.** May we learn to stay in His shadow—the safest place we can be in life--at all times.

## LESSON TIME!

We are not certain if David wrote this psalm. We are certain it was someone who understood the richness—blessings, promises, and protection—given to those who walk in close fellowship with Almighty God.

### PSALM 91:1-2

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.

I will say of the LORD, “He is my refuge and my fortress; my God, in Him I will trust.”

There is a place we as Christians can live—a place of security in the Lord where we can “hide out” and find protection, a place where we dwell under the shadow of the Almighty.

The psalmist declares, God is my refuge and my fortress. A refuge is a place of safety, a sheltered place, that we can run to in order to be safe from something threatening or harmful. A fortress is a fortified place of protection, impenetrable to the enemy. As we make the Lord our dwelling place, we rest in the strength of His all-sufficient protection. **God is our protector.**

Why is it called a secret place? Perhaps because the relationship God shares with each one of us is very personal and intimate. He becomes our safe place to hide from every danger and threat we might face—emotionally, spiritually, physically.

Are you dwelling in the secret place of the Most High? Can you say with the psalmist, He is *my* God? God’s loving protection is available to all who will put their trust in Him. We cannot follow the Lord at a distance and expect His protection. His desire is that we dwell (live in close relationship) with Him, receiving His strength to walk in His ways and obey His Word.

## Shadow Silhouettes

For this craft you will need one black and one white piece of construction paper per child, a flashlight, pencils, masking tape, scissors and white crayons. Draw a silhouette of each child. Have each child sit with their side to a smooth surface/wall. Have your assistant hold and shine a flashlight onto the child. Hold up the piece of white construction paper on the smooth surface. Have the child sit close enough to the wall to make a shadow. Trace the side view of their face with a pencil.

Give each child a piece of tape with a number on it. Write that same number on their picture, but not their name. Keep their paper. When everyone's silhouette is drawn, mix them all up and pass them out. See if each person can guess whose shadow silhouette they received.

After guessing have everyone claim their own shadow silhouette. Cut the silhouette out on the pencil lines. Glue onto black paper. With a white crayon write the theme and/or verse on the back of the black paper.

### PSALM 91:3-6

Surely He shall deliver you from the snare of the fowler and from the perilous pestilence.

He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler.

You shall not be afraid of the terror by night, nor of the arrow that flies by day,

nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday.

God will protect us from the snare of the fowler, Satan. Bird trapping was very common in Bible days. The traps that the fowler (bird trapper) would set were called the snares. Satan has set a lot of traps for us. Yet, God has promised to deliver us from his devices. In the presence of the shelter of God, we find protection; we are given wisdom to be aware of the traps of wickedness, and the strength to avoid those traps.

It is important that we are concerned about the strength and trickery of the enemy! 1 Peter 5:8,9 states: "Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith..." In Ephesians 6:11, we are exhorted to "put on the whole armor of God, that you may be able to stand against the wiles of the devil." God is our protection and help in the midst of temptation and spiritual warfare. May we remember our place of safety in Him.

The psalmist declares, "His truth shall be your shield and buckler..." We are protected by God's truth. In the book of Hebrews 4:12-13 we are told, "For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow and is a discerner of the thoughts and intents of the heart. And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account." It is by studying God's Word and applying it to our lives that we will find protection from the enemy. **God is our protector.**

Have you ever been afraid at night? Sometimes, night can be kind of scary. When we are afraid, we have a place to hide. God is our protection from our enemies, from sickness, and from any other thing that would threaten to destroy us, including our own fears. How great to know we need not fear!

### PSALM 91:7-8

A thousand may fall at your side, and ten thousand at your right hand;

but it shall not come near you.

Only with your eyes shall you look, and see the reward of the wicked.

The psalmist goes on to tell of the protection that a seeker of God has even in the midst of the most terrible of times. Even though there may be plagues or war going on right around us, we are protected from harm.

Believers in Christ will suffer, but we know evil will not prevail or win out in the end. We will experience eternity with God; we will not be judged like the wicked. In 1 Peter 5:10 we are told "...may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you." **God is our protector.**

### PSALM 91:9-10

Because you have made the LORD, who is my refuge, even the Most High, your dwelling place,

No evil shall befall you, nor shall any plague come near your dwelling;

There is no danger we can face that threatens God. God is all-powerful and able to protect us from any danger. There is no evil God has not overcome. In Ephesians 1:21, we read that Jesus is seated "far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come." Concerning the salvation of the

believer, Jesus said, “My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of My Father's hand” (John 10:29).

Why then do Christians suffer? Why do bad things happen to those who love God and are dwelling in Him? Indeed, we do exist in a bubble of protection, but God will allow suffering and pain to penetrate that bubble when it will work His good purposes in our lives. As we endure pain and suffering, it can build character, give us empathy for others who suffer, and bring glory to Him. Even through our most difficult experiences, God remains in control and knows what is best for us. God is our protector.

In this verse, the original meaning of “dwelling” referred to tent. A tent may seem like a frail covering; yet it does not matter where we live, if our soul has made its home with God Almighty, no evil will befall us.

### PSALM 91:11-13

For He shall give His angels charge over you, to keep you in all your ways.

In their hands they shall bear you up, lest you dash your foot against a stone.

You shall tread upon the lion and the cobra, the young lion and the serpent you shall trample underfoot.

God commissions His angels to watch over us. How valuable we are to Him! When we are seeking to truly follow the Lord and continually make Him our home, He will command His angels to watch over us in all our ways. These heavenly warriors will not only guard a child of God from tripping over stones (the small dangers we face), but will keep us safe from the fiercest and most



cunning attacks of the enemy. The child of God who chooses to dwell in the presence of God, His secret place, is promised this sweet yet strong security. **God is our protector.**

### PSALM 91:14-16

“Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name.

He shall call upon 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.”

The Psalmist ends with the Lord speaking directly to His child. To the child who chooses to make God His abiding place, God promises His presence and protection. He will set us on high, far above danger and fear. **God is our protector.**

God also assures, “He shall call upon Me, and I will answer him.” God desires communion with us. As we pray, God promises to respond. And, as we honor Him, He will honor us.

God not only will bless His child with a long, satisfying life, He will show him his salvation—in other words, he will not face judgment; he will live forever with the Lord. Psalm 23 concludes with a similar note of triumph: “Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.”

Again, where do you desire to dwell? Will you choose to dwell with God—to put your confidence in Him, to set your love upon Him? God desires to dwell with you! He desires an intimate, personal relationship with you. He wants to be deeply involved in your life--



to be your safe place from every storm of life that threatens you, to be your strong place against the snare of the fowler (the deceitfulness of the enemy). He desires to cover you with His loving protection. He promises to work all things that He allows to come your way for His good purposes in your life. Will you take His offer? There is no better, no safer, place to be than in the presence of God—the secret place of the Most High.

## **The Great Potato Race**

Play this fun relay race if you have finished your lesson and still have time. Sometimes, it is not easy to run this race that we have been called to run. But when we rely on the Lord and our brothers and sisters in Christ, we can win! You will need at least three big potatoes.

Divide the class into two or three teams depending on the size of the class. Have everyone stand at one end of the room. Have the first person on each team place a potato between their legs just above the knees. When you say go, they have to get across the room without dropping the potato. You can decide whether or not they have to start over if the potato falls. When they get to the other side and back, have them give the potato to the next person and finish the relay race. Keep playing until everyone is done.

## **PRAYER**

Lead the children in a prayer of thanksgiving that God is a place of safety for us. Pray they will stay close to God, dwelling in that secret place of His presence. If there are any children who have not yet responded to the Gospel, give them opportunity.