

Psalm 91



My Refuge and My Fortress

- ¹ He who dwells in the shelter of the Most High
shall abide in the shadow of the Almighty.
² I will say of the LORD, "My refuge and my fortress,
my God, in whom I trust."
³ For he will deliver you from the snare of the fowler
and from the deadly pestilence.
⁴ He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
⁵ You will not fear the terror of the night,
nor the arrow that flies by day,
⁶ nor the plague that prowls in darkness,
nor the scourge that lays wastes at noonday.
⁷ A thousand may fall at your side,
ten thousand at your right hand,
but you it will never approach.
⁸ You will only look with your eyes
to see how the wicked are repaid.

- ⁹ You who have said "the Lord is my refuge"
and made the most High your dwelling place,
¹⁰ no evil shall be allowed to befall you,
no plague come near your tent.
¹¹ For he will command his angels concerning you
to guard you in all your ways.
¹² Upon their hands they will bear you up,
lest you strike your foot against a stone.
¹³ on the lion and the viper you will tread;
and trample the young lion and the dragon.
¹⁴ "Since he clings to me in love, I will free him;
protect him, for he knows my name.
¹⁵ When he calls, I shall answer;
I am with him;
I will save him in distress and give him glory.
¹⁶ With long life I will content him
I shall let him see my saving power."

Believed to be composed by Moses approx. 1300 BC this Psalm of Protection teaches us that by Dwelling in the Lord He assures us of all these promises. In the last three verses God speaks to us individually. God's graces will be poured out upon your life if you truly dwell in Him. Pray this Psalm every day. In entering into this contract with God you can be confident that He is looking after all your needs. By walking the narrow path, with His Son Jesus Christ we know that despite all the obstacles that are sure to come our way, He is protecting us and we do not need to fear anything. Just like a hen protects her little chicks under her wings, our Heavenly Father protects us. Praise, Glory, honour and thanksgiving be to God the Father, the Son and the Holy Spirit. O Sacred Heart of Jesus we place all our trust in You. Amen.

These cards are free of charge. Contact info@salvatormundi.ie
Please donate if you can, at www.salvatormundi.ie RCN 20205576