

# FINDING ANCIENT pathways

Soul care wisdom from the Psalms

GROWTH GROUPS NOTES FOR W/C 27 FEBRUARY 2022

**THOSE WHO LIVE IN THE SHELTER OF THE MOST HIGH  
WILL FIND REST IN THE SHADOW OF THE ALMIGHTY. PSALM 91.1**

At first glance, Psalm 91 might seem to make some claims that may not match up to our own life experiences. But when we consider its promises in the light of Jesus (Christology) and the light of the future Age which is to come (eschatology) we find a Psalm that offers us a message of hope and of deep solidarity from the one who also suffered.

**READ Psalm 91.** Take some time to read and think carefully about the verses.

**Consider how verses 9-16 sit with the theology of the rest of the Bible.**

- Are there any characters or stories in the Bible that might question some of the theology in these verses? If there are, how does that make you feel?
- How do these verses resonate with or contradict your own life experiences?

**How would you respond to someone who says Psalm 91 is misleading or full of platitudes?**

- For the person of faith who has suffered, how are they to respond to 'if you make the Lord your refuge ... no evil will conquer you?' (v9-10)
- Do other psalms like Ps 13 and Ps 73 provide a balance or contradiction to Ps 91?

**Looking beyond the 'here and now'**

So far we have been thinking about this Psalm in the light of our *current* experiences. But let's zoom out and think about the Psalm in the light of two central themes: **the suffering of Jesus** (Christology), and **the promise of the future Age** which is to come (eschatology).

**Eschatology— our hope for the future beyond this life** reimagines our present experiences in the light of the future in which God restores, resolves and saves. "I will rescue.." v14 is a promise of deliverance that our suffering does not go unnoticed even though it has not yet happened.

**Christology— the experience of God in Jesus who suffered.** Could we see Ps 91 as a message from the exalted Christ speaking to us from eternity? He understands our suffering and struggle because he, too, has suffered; 'I will be with them in trouble ... and honour them.' (v15)

- How does putting our struggles and hardships in the wider context help us to:
  - Understand the promises of Psalm 91?
  - Understand our own difficulties?

Listen together to the song **Yet will I praise** [https://bit.ly/Ps\\_91](https://bit.ly/Ps_91) and hold your thoughts about Psalm 91, the suffering Christ and the promise of deliverance together.