



Sons of Saint Joseph tm

ST. THERESA ROMAN CATHOLIC CHURCH
5301 MAIN STREET TRUMBULL, CT 06611
www.sonsofsaintjoseph.org

The Book of Psalms part II: Psalm 91 Saturday, April 26, 2025

Whoever 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.

7 A thousand may fall at
your side,
ten thousand at your
right hand,
but it will not come near
you.

8 You will only observe
with your eyes
and see the punishment
of the wicked.

9 If you say, “The Lord
is my refuge,”
and you make the Most
High your dwelling,

10 no harm will overtake
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 on the
lion and the cobra;
you will trample the
great lion and the
serpent.

14 “Because he loves
me,” says the Lord, “I
will rescue him;
I will protect him, for he
acknowledges my name.

15 He will call on me,
and I will answer him;
I will be with him in
trouble,
I will deliver him and
honor him.

16 With long life I will
satisfy him
and show him my
salvation.”

Questions

1. What is the relationship between fending off temptations that are private and temptations that are more in the public eye? In other words, how does one help or hurt the other? Why is it critical to never be accepting of any sin?
2. How exactly do we dwell in the shelter of the Most High? How do we let Him cover us with His wings? What are examples of us not letting God cover us with His wings?
3. How is the truth of God a shield for us? Doesn't witnessing to the truth make us more vulnerable to injury and attack in today's world?
4. How do we explain to children or teens that the psalm promises such protection to the faithful, yet so many very faithful suffered the most? What would be the difference between the arrow that flies by day, and the terror of the night?
5. Bonus: what does it mean that *the angels will take of thee, that not one of thy feet should stumble?* (v11-12)