

Praying with Psalm 91 - Lent 1

Psalm 91 is a psalm that is most commonly said at night prayer. It is a psalm which calls us to put confidence in God. That whatever may be going on for us, whatever difficulties we may be in, He will always be with. This Lent as we think on the nature of God, I invite you to pray with the psalm and while reading it, each week we will think of a different aspect of God's nature.

This week we have reflected on the baptism of Jesus and God's voice from heaven saying, 'You are my Son, whom I love. I am very pleased with you'. As we pray with the psalm we think about what it means for God to say those words to us, as His children. We think on God's love that is given to us freely, without conditions and without being earned. It is simply that he created us, so he loves us.

He who dwells in the shelter of the Most High,
who abides in the shadow of the Almighty,

will say to the Lord, "My refuge and my fortress;
my God, in whom I trust."

For he will deliver you from the snare of the fowler
and from the deadly pestilence;

he will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.

You will not fear the terror of the night,
nor the arrow that flies by day,

nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.

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

You will only look with your eyes
and see the recompense of the wicked.

Because you have made the Lord your refuge,
the Most High your habitation,

no evil shall befall you,
no scourge come near your tent.

For he will give his angels charge of you
to guard you in all your ways.

On their hands they will bear you up,
lest you dash your foot against a stone.

You will tread on the lion and the adder,
the young lion and the serpent you will trample under foot.

Because he cleaves to me in love, I will deliver him;
I will protect him, because he knows my name.

When he calls to me, I will answer him;
I will be with him in trouble,
I will rescue him and honor him.

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

(Revised Standard Version)