

Stay Healthy and Informed

<https://saddleback.com/coronareponse>

In a crisis like this, it's common for misinformation to spread, and it can be difficult to figure out who and what to trust. Here are some reliable resources that can connect you with accurate and helpful info.

The Centers for Disease Control and Prevention (CDC)

The CDC is the leading national public-health organization in the U.S. and has up-to-date info on COVID-19 (coronavirus).

www.cdc.gov/

California Department for Public Health (CDPH)

The CDPH is the state department responsible for public health in California.

www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx

World Health Organization (WHO)

WHO is the United Nations' agency for global public health.

www.who.int/

Taking Care of Your Mental Health

Uncertainty and confusion can have a harmful effect on your mental health. This article from the American Foundation for Suicide Prevention gives you five ways to take care of your mental health in the face of uncertainty.

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

We are physically distant but want to stay emotionally and spiritually connected!

- **Check our website regularly.** www.bethanyonline.net

- *watch our Live-Streamed* Sunday services
- *stay current on any news updates*
- *receive fresh "ENCOURAGEMENT FOR TODAY"*
- *faithfully give your tithes and offerings* — to keep Bethany flourishing!
Please click our website's **"3 WAYS TO GIVE"** button to give online.
(You can also mail a check to the office. Our church still needs your faithful tithes.)

- **Be sure you are receiving our emails.**

If you did **not** receive *an email* and a *"snail-mail" letter* from Pastor Doug a week ago, be sure to let us know immediately.

Please email us at info@bethanyonline.net and we will get you set up to receive our periodical emails and occasional letters.

- **Be sure you sign up for our new text service.**

Please text *Bethany* to (626) 469-7505 — and you will be sent a text message with a link to sign up for **TEXT IN CHURCH**. It's free!

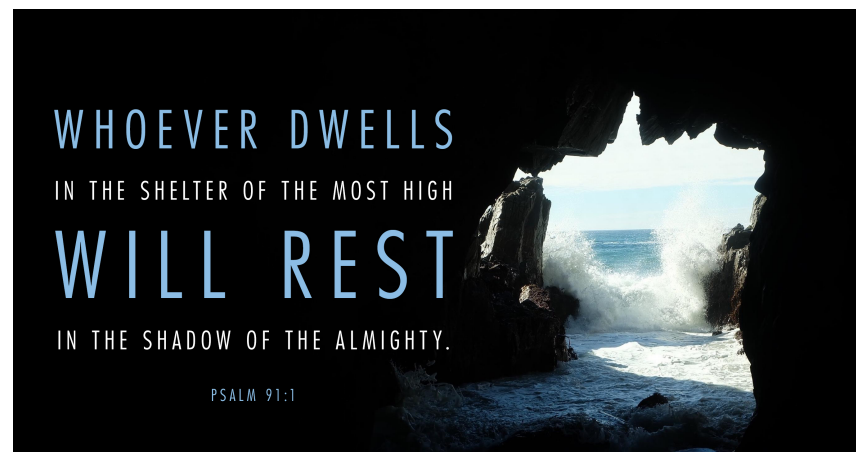
- **Please! Let us know how YOU are doing!**

Please email us your emergency contact info (*email & cell*)

1. How are you *doing*? 2. How can we *pray* for you? 3. What are you *thanking* God for?

- **Help us connect with or pray for EVERY PERSON in our church.**

Please email us at info@bethanyonline.net to become part of our **"BETHANY CONNECTS TEAM."**



Pastor Doug Wilson • BETHANY - A PLACE OF NEW BEGINNINGS

March 29, 2020 • Fifth in a series on *The 40 Days of Lent*

PSALM 91:1-16 (TNIV)

¹ **WHOEVER DWELLS** in the *shelter* of ¹**THE MOST HIGH** will rest in the *shadow* of ²**THE ALMIGHTY**.

² **THEY SAY OF** ³**THE LORD**, "He is *my refuge* and *my fortress*,
⁴**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** [Waltke: "*calamity*"] will overtake you,
no disaster [Waltke: "*plague*"] 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 THEY LOVE ME,”** says **THE LORD**,
 “I will **rescue** them;
 I will **protect** them,
FOR THEY ACKNOWLEDGE MY NAME.

¹⁵ **THEY WILL CALL ON ME**, and I will **answer** them;
 I will be **with** them in trouble,
 I will **deliver** them and honor them.

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

1. Every day, _____ and _____ threaten us.

- ³ the fowler’s snare
the deadly **pestilence**
- ⁵ the terror of night,
the arrow that flies by day,
- ⁶ the **pestilence** that stalks in the darkness,
the **plague** that destroys at midday.
- ¹⁰ harm [*“calamity”*] that overtakes us,
disaster [*possibly “plague”*] that comes near our tent.
- ¹² striking our foot against a stone [*“minor injuries”*]
- ¹³ the lion and the cobra; [*“major dangers”*]
the great lion and the serpent.

2. Every day, we find _____ and _____ in God alone!

¹ **WHOEVER DWELLS** in the **shelter** of ❶ **THE MOST HIGH**
 will rest in the **shadow** of ❷ **THE ALMIGHTY.**

² **THEY SAY OF** ❸ **THE LORD**,
 “He is **my refuge** and **my fortress**,
 ❹ **MY GOD**, in whom I trust.”

⁹ **IF YOU SAY**, “**THE LORD** is **my refuge**,”
AND YOU MAKE **THE MOST HIGH** **your dwelling...**

¹⁴ **“BECAUSE THEY LOVE ME,”** says **THE LORD...**
 [and] **THEY ACKNOWLEDGE MY NAME.**
¹⁵ [and] **THEY WILL CALL ON ME...**

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“ _____ **to dwell in the shelter of God Most High**
 _____ **to a position of rest under his protective care.**”
 W. DENNIS TUCKER & JAMIE A. GRANT, *Psalms, Volume 2* (NIVAC)

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SO, WE CAN ASK OURSELVES...

- Are we **dwelling** in the shelter of the Most High? (v. 1a)
- Do we **say** of the Lord, “He is **my refuge** & **my fortress**, **my God**, in whom I **trust**”? (2)
- Do we **say**, “The Lord is my refuge”? (v. 9a)
- Are we **making** the Most High our “dwelling”? (v. 9b)
- Do we **love** the Lord with everything we’ve got? (v. 14a)
- Are we **acknowledging** His name? Do we honestly **know who He is**? (v. 14b)
- And finally: Do we **call** on Him when troubles come our way? (v. 15)

3. God _____ us: “I’ll be _____ when you _____ me!”

a. The _____ of God.

- THE MOST HIGH
- THE ALMIGHTY
- THE LORD
- MY GOD

b. The _____ for God.

[He is...]

- The **Shelter** we dwell in
- The **Shadow** we rest in
- My **Refuge** to hide in
- My **Fortress** to find protection in
- The mother hen whose **Feathers** will cover us...
- and whose **Wings** we will find refuge under;
- The one whose **Faithfulness** will be our **Shield** and **Rampart**

c. The _____ of God.

¹ He provides **the Shelter** we can dwell in
 and **the Shadow** we can rest in

[Review the long list of His actions in vv. 3-13!]

¹⁴ **“Because they love me,”** says **THE LORD**,
 “I will **rescue** them;
 I will **protect** them,
for they acknowledge my name.

¹⁵ **They will call on me**, and I will **answer** them;
 I will be **with** them in trouble,
 I will **deliver** them and honor them.
¹⁶ With long life I will **satisfy** them
 and **show** them my salvation.”