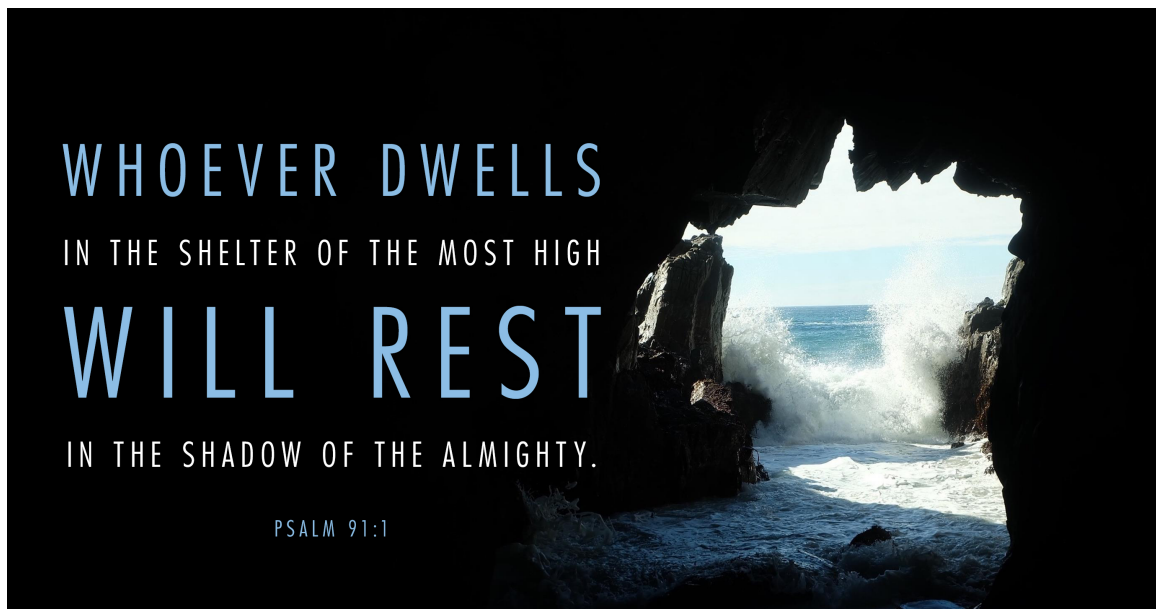


Monday, May 4, 2020

Turn off the outside "noise" for a couple of minutes and consider this message from God's Word.  
I am praying that it calms your spirit and encourages your heart.

Let's start the new week with a simple exercise. Let's read Psalm 91 out loud today, and ask the Lord to speak to our hearts, and soothe our worries and fears through it.



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.

<sup>9</sup> **IF YOU SAY, “The LORD is my refuge,”**  
**AND YOU MAKE the Most High your dwelling,**  
<sup>10</sup> **no harm** [Waltke: “calamity”] will overtake you,  
**no disaster** [Waltke: “plague”] will come near your tent.  
<sup>11</sup> For he will **command his angels** concerning you  
to **guard** you **in all your ways;**  
<sup>12</sup> they will **lift you up** in their hands,  
so that **you will not strike your foot** against a stone.  
<sup>13</sup> **You will tread** on the lion and the cobra;  
**you will trample** the great lion and the serpent.  
<sup>14</sup> **“BECAUSE THEY LOVE ME,”** says **THE LORD,**  
“I will **rescue** them;  
I will **protect** them,  
**FOR THEY ACKNOWLEDGE MY NAME.**  
<sup>15</sup> **THEY WILL CALL ON ME,** and I will **answer** them;  
I will be **with** them in trouble,  
I will **deliver** them and honor them.  
<sup>16</sup> With long life I will **satisfy** them  
and **show** them my salvation.”

— PART 3 —

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Today, Loving God, *at the beginning of a new week,*  
*we quiet our noisy hearts*  
*and ask you to speak to us through your word.*  
*As we read aloud the words of Psalm 91,*  
*we want to experience your “rest.”*  
*And to do that, we ask you to help us learn how to “dwell” —*  
*to make ourselves at home — in the shelter of the Most High.*  
*Help us not to run ahead of you,*  
*but to “BE STILL, AND KNOW THAT THAT YOU ARE GOD.”*  
*Be for us today our Refuge; our Dwelling; our Home.*

Pastor Doug

P.S. We would love to hear from you! How are you doing right now? And we would love to pray for you! Email us at [info@bethanyonline.net](mailto:info@bethanyonline.net)

P.P.S. Keep checking our “ENCOURAGEMENT FOR TODAY” webpage — we will try to post fresh encouragement **every day** during this crisis!

P.P.P.S. And watch our **LIVE-STREAM Worship Service** this coming Sunday at 10:30 A.M. for more encouragement.