Text and Talk, March 1, 2025 - Daniel Vinzant
Psalm 91 King James Version

1He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.
2I will say of the LORD, *He is* my refuge and my fortress: my God; in him will I trust.
3Surely he shall deliver thee from the snare of the fowler, *and* from the noisome pestilence.
4He shall cover thee with his feathers, and under his wings shalt thou trust: his truth *shall be thy* shield and buckler.
5Thou shalt not be afraid for the terror by night; *nor* for the arrow *that* flieth by day;
6*Nor* for the pestilence *that* walketh in darkness; *nor* for the destruction *that* wasteth at noonday.
7A thousand shall fall at thy side, and ten thousand at thy right hand; *but* it shall not come nigh thee.
8Only with thine eyes shalt thou behold and see the reward of the wicked.
9Because thou hast made the LORD, *which is* my refuge, *even* the most High, thy habitation;
10There shall no evil befall thee, neither shall any plague come nigh thy dwelling.
11For he shall give his angels charge over thee, to keep thee in all thy ways.
12They shall bear thee up in *their* hands, lest thou dash thy foot against a stone.
13Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.
14Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.
15He shall call upon me, and I will answer him: I *will be* with him in trouble; I will deliver him, and honour him.
16With long life will I satisfy him, and shew him my salvation.

Tehillim 91Orthodox Jewish Bible

91 He that dwelleth in the seter Elyon (covering, hiding place of the Most High) shall abide under the tzel Shaddai (shadow of the Almighty).[2] I will say of Hashem, He is my refuge and my fortress; Elohai (my G-d); in Him will I trust.[3] Surely He shall save thee from the pach yakosh ([*deadly*] snare of the fowler), and from the devastating dever (plague).[4] He shall cover thee with His evrah (pinion, flight feathers), and under His kenafayim (wings) shalt thou find defense; His Emes shall be thy shield and buckler.[5] Thou shalt not be afraid of the pachad (terror) by lailah; nor of the khetz (arrow) that flieth yomam (by day);[6] Nor for the dever (plague) that walketh in darkness; nor for the ketev (pestilence, destruction) that destroyeth at tzohorayim (noon).[7] An elef (thousand) may fall at thy side, and ten thousand at thy yamin (right hand); but it shall not come near thee.[8] Only with thine eyes shalt thou behold and see the shillumah (recompense, retribution) of the resha'im.[9] Because thou hast made Hashem, which is my refuge, even Elyon, thy ma'on (habitation, dwelling; *see Yn 14:2 OJBC*)[10] There shall no ra'ah (evil, disaster) befall thee, neither shall any nega come near thy ohel.[11] For He shall give charge to His malachim (angels) concerning thee, to be shomer over thee in kol drakhim of thee.[12] They [*the malachim of Hashem*] shall bear thee up on their palms, lest thou dash thy regel against an even (stone).[13] Thou shalt tread upon the lion and adder; the young lion and the tannin (serpent) shalt thou trample under foot.[14] Because he hath set his longing upon Me, therefore will I rescue him; I will set him on high, because he hath da'as of Shmi (My Name).[15] He shall call upon Me, and I will answer him; I will be with him in tzoros; I will deliver him, and honor him.[16] With orech yamim (length of days, long life) will I satisfy him, and show him My Yeshuah (salvation).

Psalm 91

Yo-shayv b'sayser el-yon,	יֹשֵׁב בְּסֵתֶר עֶלְיוֹן,
b'tzayl sha-dai yis-lonön. Omar	בְּצֵל שַׁדַּי יִתְלוֹנָן: אֹמַר
la-donöy mach-si um'tzudösi, elohai	לַיְיָ מַחְסִי וּמְצוּדָתִי, אֱלֹהַי
ev-tach bo. Ki hu ya-tzil'chö mi-pach	אֶבְטַח בּוֹ: כִּי הוּא יַצִּילְךָ מִפַּח
yökush, mi-dever havos. B'ev-röso	יָקוּשׁ, מִדֶּבֶר הַוּוֹת: בְּאֶבְרָתוֹ
yösech löch v'sachas k'nöföv tech-seh,	יָסֶךְ לָךְ וְתַחַת כְּנָפָיו
tzinöh v'sochayröh amito. Lo sirö	תֶּחְסֶה, צִנָּה וְסֹחֵרָה אֲמִתּוֹ: לֹא תִירָא
mi-pachad löy-löh, may-chaytz yö-uf	מִפַּחַד לָיְלָה, מֵחֵץ יָעוּף
yo-möm. Midever bö-ofel ya-haloch,	יוֹמָם: מִדֶּבֶר בָּאֹפֶל יַהֲלֹךְ,
mi-ketev yöshud tzö-höröy-im. Yipol	מִקֶּטֶב יָשׁוּד צָהֳרָיִם: יִפֹּל
mi-tzid'chö elef ur'vövö mimi-nechö,	מִצִּדְּךָ אֶלֶף וּרְבָבָה מִימִינֶךָ,
aylechö lo yigösh. Rak b'ay-nechö	אֵלֶיךָ לֹא יִגָּשׁ: רַק בְּעֵינֶיךָ
sabit, v'shilumas r'shö-im tir-eh. Ki	תַבִּיט, וְשִׁלֻּמַת רְשָׁעִים תִּרְאֶה: כִּי
atöh adonöy mach-si, el-yon sam-tö	אַתָּה יְיָ מַחְסִי, עֶלְיוֹן שַׂמְתָּ
m'o-nechö. Lo s'uneh ay-lechö rö-öh,	מְעוֹנֶךָ: לֹא תְאֻנֶּה אֵלֶיךָ רָעָה,
v'negah lo yik-rav b'ö-hö-lechö. Ki	וְנֶגַע לֹא יִקְרַב בְּאָהֳלֶךָ: כִּי
mal-öchöv y'tzaveh löch, lish-mör'chö	מַלְאָכָיו יְצַוֶּה לָךְ, לִשְׁמָרְךָ
b'chöl d'rö-chechö. Al kapa-yim	בְּכָל דְּרָכֶיךָ: עַל כַּפַּיִם
yisö-un'chö, pen ti-gof bö-even	יִשָּׂאוּנְךָ, פֶּן תִּגּוֹף בָּאֶבֶן
rag-lechö. Al sha-chal vö-fesen	רַגְלֶךָ: עַל שַׁחַל וָפֶתֶן
tid-roch, tir-mos k'fir v'sanin. Ki vi	תִּדְרֹךְ, תִּרְמֹס כְּפִיר וְתַנִּין: כִּי בִי
chöshak va-afaltay-hu, asag-vayhu ki	חָשַׁק וַאֲפַלְטֵהוּ, אֲשַׂגְּבֵהוּ כִּי
yöda sh'mi. Yikrö-ayni v'e-enayhu,	יָדַע שְׁמִי: יִקְרָאֵנִי וְאֶעֱנֵהוּ,
imo ö-nochi v'tzörö, achal'tzayhu	עִמּוֹ אָנֹכִי בְצָרָה, אֲחַלְּצֵהוּ
va-achab'dayhu. Orech yömim	וַאֲכַבְּדֵהוּ: אֹרֶךְ יָמִים
asbi-ayhu, v'ar-ayhu bi-shu-ösi.	אַשְׂבִּיעֵהוּ, וְאַרְאֵהוּ בִּישׁוּעָתִי:

I wanted to show you Psalm 91 in the original Hebrew, and I encourage you to listen to Psalm 91 in Hebrew which you can easily find on YouTube. Often when I have trouble sleeping, I will get out of bed and go put this Psalm on the tv in Hebrew and I find it helps me fall asleep and return to bed for a peaceful night's sleep.

The Jews have a longstanding tradition for at least a couple thousand years to make the reciting of Psalm 91 one of their daily psalms to pray to God. Maimonides (the Rambam-one of the most influential Torah scholars and philosophers of the Middle Ages from Spain and Egypt 1138-1204 taught that he was taught by his great teacher before him to recite Psalm 91 seven times straight daily and on High Holy Days and especially in all times of trouble.

In Hebrew they have a word- segula-a deed or utterance that effects spiritual or material benefits. It is a practice of their faith. It is customary today for Jews to bury their dead within a day of death. The casket is carried to the graveside by Jewish men, with the decedent's feet facing forward and for them to start reciting Psalm 91 about 30 feet from the graveside, and to pause several times until they have repeated Psalm 91 seven times before placing the casket at the grave. This is called the Seven Rests- seven times reciting the psalm from the top, pausing at certain words in the final verse and repeating from the top until the 7th prayer has been prayed in unison.

Knox Translation Psalm 90

1 Content if thou be to live with the most High for thy defence, under his Almighty shadow abiding still,
2 him thy refuge, him thy stronghold thou mayst call, thy own God, in whom is all thy trust.
3 He it is will rescue thee from every treacherous lure, every destroying plague.
4 His wings for refuge, nestle thou shalt under his care,
5 his faithfulness thy watch and ward. Nothing shalt thou have to fear from nightly terrors,
6 from the arrow that flies by day-light, from pestilence that walks to and fro in the darkness, from the death that wastes under the noon.
7 Though a thousand fall at thy side, ten thousand at thy right hand, it shall never come next or near thee;
8 rather, thy eyes shall look about thee, and see the reward of sinners.
9 He, the Lord, is thy refuge; thou hast found a stronghold in the most High.
10 There is no harm that can befall thee, no plague that shall come near thy dwelling.
11 He has given charge to his angels concerning thee, to watch over thee wheresoever thou goest;
12 they will hold thee up with their hands lest thou shouldst chance to trip on a stone.
13 Thou shalt tread safely on asp and adder, crush lion and serpent under thy feet.
14 He trusts in me, mine it is to rescue him; he acknowledges my name, from me he shall have protection;
15 when he calls upon me, I will listen, in affliction I am at his side, to bring him safety and honour.
16 Length of days he shall have to content him, and find in me deliverance.

Psalm 91 is one of the most quoted texts from the Bible beginning from the very life of Jesus as recorded by the Gospel writers- Matthew and Luke (Matthew 4: 1-11, Luke 4: 1-13)-the recounting of the Devil taking Jesus to task in the wilderness-Cast yourself down from this high place…the Devil tempts Jesus saying- Don't you know the Scripture? God's angels will protect you, so that you won't dash your foot against a stone. Satan is quoting Psalm 91.

"I will say of the Lord, He is my refuge and my fortress: my God in him will I trust." This is the verse that gave Martin Luther the basis for his beloved hymn, A Mighty Fortress Is our God.

"A thousand shall fall at your side, ten thousand at your right hand, but it will not come near you." This became known as the Soldiers Prayer in World War I.

But I want us to go back to the beginning and consider the Jews-the People of God. Since the beginning as the Book of psalms came into being, whenever Jews found themselves in difficult situations, weather as individuals or as a community, they would open the Book of Psalms and use King David's poetic praises and supplications to beseech God for mercy. The Midrash- (Oral tradition dating back to the Second Temple period with the earliest written collection from the Third Century. Actually, the Hebrew word midrash-resort to, seek, seek with care, enquire-is found in 2 Chronicles 13:22 and 24:27 and the KJV and ESV translate the word simply as story.) - The Midrash tells us that when King David compiled the Psalms, he had in mind himself, as well as every Jew of every generation and every circumstance. No matter who you are and what your situation is, the words of the Psalms speak the words of your heart, and you are heard in Heaven.

I believe that if we only knew the power of the Psalms and the effects of memorizing and reciting them, we would do so constantly.

I have made it a practice as much as possible, to read out loud the 5 Psalms of the day of the month. March 1 would be 1-5, and the 2nd 6-10, the 3rd 11-15… I started this practice when I was 17 and find that the Plasms of the day speak quite presciently to my daily needs. I

encourage you to pick up this practice and try it as part of your Spiritual devotions.

Those that I encourage you to say often, like reading Psalm 91 daily would be Psalm 119, 123, and 139…

When I was 17, I went to a week-long Bible camp in Bradenton, Florida which consisted of several activities and twice daily sermons. The week teaching included Psalm 91. The young evangelist told the story of a woman who came to an earlier camp where the whole week was dedicated to Psalm 91-14 sermons and she was so inspired and so moved and so encouraged to begin believing in the Sovereignty and Safety found in Trusting in God in her daily life…now she is back home shopping at her local grocery, walking to her car with a bag of groceries in each hand-as she nears her car, a man pops up with a gun and demands her keys to steal her car. She immediately turns to Psalm 91 as a source to cry out to God for safety and protection, but being flustered she literally cannot remember a single part of the teaching, but she knows there is great power in the psalm. As the man urges her at gunpoint to comply, suddenly she remembers one thing-she drops her bags of groceries to the ground, she stretches her hands out to God in urgent prayer and she screams at the top of her lungs-
Feathers…Feathers…Feathers…she tells the story, the mans face turns white, he drops his gun and runs away. Saved by one word from the Word of God…

I told that story often when I was asked to teach and preach and we all laughed and laughed at the power of God in an act of faith, even in one so slight and yet so trusting. Now, I am 18, and my brother

gives me his old beat-up car, but with a brand new set of tires-if you are my age you can well remember how you could by an old car for $800-$1200 and though not pretty it would serve you well for quite some time. I was out on my very first road trip on the Saturday of the very first Willie Nelson outdoor concert in Austin, Texas. I was so excited, I plastered 3 Christian bumper stickers on the back bumper and set out for a friend's wedding in Georgetown with $1.87 cash in my pockets for a lovely daytrip-plenty of money when we would be feed at the wedding and gas was $.26 a gallon. Outside of Waco, I see three hitchhikers. One and then 50 yards away 2 others. I wanted to pick up the first, but felt uneasy about the other two, but was afraid to pass them by and them read my Christian bumper stickers and judge me for not being Christian. I picked up the first and even he said let's just go, don't stop for them…but I thought the bumper stickers and picked up the other 2-it was a two door, so the first had to let the other two into the back-windows down, no air. As we head off I ask their names and the first says, George, the second says George, and the third says George. That seemed very strange. Soon we were coming up to the Georgetown exit and I announce, in a mile I'll pull over and you can hitch the rest of the way into Austin-and the George behind me says-you will pull over and we are taking your car, do we need to pull a gun? Give us all your money-driving still I reach in my pocket and hand them my $1.87, to which the George behind me begins to choke me…I too remember the story and hit the gas pedal, throw my left hand out of the window, flaying it toward Heaven and begin to cry out to God and quote parts of Psalm 91, screaming random prayers to God and not stopping-suddenly over my screams three louder screams-Stop the car, stop the car…I continue hands in the air and loud praying as the door swings open and George one starts running across the field, the seat is pushed up and George two starts running across the field,

and the George behind me throws the $1.87 at me screaming, I'm sorry, I'm sorry, I'm sorry and he starts running across the field. I can't tell you how long I sat there, hands in the air…He is my refuge and my fortress, My God in Him will I trust…tears streaming down my face. True story. Great wedding, and the first thing I did beyond testifying to the goodness of God, was rubbing those three Christian bumper stickers from my car, and I have never had one since.

Some quick observations. God is Sovereign. We can Hope in His Sovereignty in natural and man-made disasters- the "snare",3, the "arrow",5, and even warfare ,7. God is Faithful,4. God is Just,8.

Pharoh's army drowns in the sea, Abraham and 318 household servants defeat the armies of five kings (Genesis 14). Haman was hanged on the same gallows he built to hang Mordecai (Esther).

God is Personal, 14. God desires a personal relationship with us. Those who love Him and trust Him will receive His help. Those who call to Him will be answered. Those who abide with Him will be protected. God is Personal and wants a relationship with each of us.

God is a God of Deliverance, He will deliver you, take note of all the things Psalm 91 says God will do:

He will deliver you, 3

He will cover you,4

It will not come near you, 7

Evil shall not be allowed to befall you, 10

He will command his angels to guard you, 11

I will deliver you, 14

I will protect him, 14

I will answer him, 15

I will be with him, 15

I will rescue him, 15

I will satisfy him with long life, 16

I will show him my salvation, 16

Now the big question: Does God always deliver? Does God guarantee long life? The Bible gives us examples of godly who died young. We all have examples that come to mind. We all have opportunity to question God in things we have seen happen. I will not begin to give definitive answers to the questions of your hearts, nor will I attempt to answer your philosophy questions-we have good intellects and philosophers here who do that for us. When it's my time to teach I will draw from the riches of the Old Testament-the Torah-the Prophets and the Psalms and where I plant my flag.

But if I were to try to explain Aristotle as a Dummy I would say he was a remarkable seeker of God , outside of the Jewish economy of Knowing God, and before the Christian era in finding God through the Church-who tried to explain the existence of God through example we call the Prime Mover or the Watchmaker and settled on God being the only force in Nature who is capable of bringing Good out of Evil. I sum it up to finding the strength in Scripture to Trust God and die to all the little questions we can never answer and to all the circular reasoning that will only drive us crazy.

As for me I will trust in God and cry out as the psalms tell us:

I delight to do Thy will O God, Make me to do They will…

The theme of Psalm 91 is God's perfect protection of those who put their trust in him.

THE IMPENETRABLE PROTECTION OF GOD (91:1-16):

- Psalm 91 is a beautiful psalm about the absolute safety God can provide to the people He intends to protect.
- This psalm is about a man who lives under the protection of God, in the "shadow of the Almighty."
- God is a faithful shield and a buckler to those who trust in Him.
- He can expose every snare and banish every disease.
- The psalmist writes, "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" (91:5-6).
- Though 1,000 men fall dead around you, if you are in the protection of God, you will remain standing.
- God will destroy the enemies who attack His people.
- God has commissioned His angels to support His faithful ones, they aid His saints and keep them from stumbling.
- The Lord protects against all varieties of danger, those listed in this psalm include snares, enemies, diseases, pestilence, terrors, arrows, destructions, plagues, stumbling's, lions, and adders.
- The psalm closes with a reassuring quote from God. "Because he holds fast 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" (91:14-16).

A good way to break down the psalm:

God is our refuge (1-2)

God will protect His people (3-13)

God's people have a relationship with Him (14-16)

My purpose today is not to give an exhaustive word by word-verse by verse explanation of Psalm 91, but to hopefully encourage you to

consider adding it to your daily recitation of Scripture as prayer-a way to help you focus your active believing in God's goodness and kindness in your life and in the daily needs that press upon you.