

## **Refreshing My Rough Times Series**

**June 11, 2025**

**Scripture: Psalms 91:1-16, Psalms 91:1**

**Summary: “Refreshing My Rough Times.”**

**Sometimes life can be real rough and it seems as though the whole world is out of control.**

**We’ll study Psalm 91:1-16 in order to learn how to find shelter, peace and refuge in the presence of the Lord.**

**Times Of Refreshing**

**“Refreshing My Rough Times”**

**Introduction**

**The 1st principle for turning rough times into refreshing times is...**

**1. RUN TO GOD (v1-4)**

**Art Linkletter saw a small boy scrawling wildly on a sheet of paper. “What are you drawing?” Linkletter asked. “I’m drawing a picture of God” the boy replied. “You can’t do that, because nobody knows what God looks like.” The boy confidently replied, “they will when I’m finished.”**

**Like the boy scribbling at his desk, people draw their view of God according to their own imagination and desires.**

**Swiss Theologian Karl Barth said, “there are only 2 ways to attain a knowledge of God: one is to begin with man and reason upward; the other is to begin with God and accept His revelation (of Himself) to us.**

**In the Bible, a person’s name is descriptive of their character.**

**(v1-4) Give us four names of God that reveal truths about who God is and why we can run to Him in rough times:**

**1. Most High (v1,9): El Elyon means that God is the Uppermost, the Supreme and the Sovereign God. He is the Most High God who is in control of everything. This truth means...**

**I can run to Him because He is above all things.**

**The terms “Shelter and Refuge” in vv1-2 picture TENDER images of the Most High God.**

**He tenderly provides shelter and refuge from harsh and threatening elements, like a bird covering her young under her soft wings.**

**2. The Almighty (v1): El Shaddai comes from the root word “mountain” and speaks of God’s strength and position. God revealed Himself under this name to Abraham in Gen 17:1-2 when He promised to be His God and bless him. This name speaks of the God who has the power to be and do all that He’s promised. This truth means...**

**I can run to Him because God is all-powerful.**

**The term “Fortress” in v2 pictures an image of TOUGHNESS. It is a place of absolute safety, where you are guaranteed protection from all attack. From the perspective of those who run to Him for refuge, God is warm and tender; from the vantage point of the attacker, God is as strong as steel.**

**Pentagon: Represents the strength of U.S. military might as it hosts the U.S. Department of Defense. The 34-acre building proved to be susceptible to attack by evildoers.**

**\*\*The shadow of the Almighty God is the only secure place in the universe\*\***

**3. Lord (v2,9): Jehovah means the Self Existing One. The most common name used of God (over 6500x). He revealed Himself to Moses by saying, “I AM WHO I AM.” This name describes His eternal power and unchangeable character. In a world where values, morals, and laws change constantly, we can find stability and security in our unchanging God. This truth means...**

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The term “Faithfulness” in v4 pictures a **TRUSTWORTHY** image. The fact that God is 100% faithful is like a shield I can rest behind or protection that surrounds me.

**4. God (v2): Elohim means that God is Superior to all “so called gods,” the Strong One, the Mighty Leader and the Supreme Deity. He is bigger than our imagination! This truth means...**

**I can run to Him because He is Lord.**

**When times get rough, do not run FROM God, but run TO God and avail yourself to the refuge He provides. He is above your circumstances, all-powerful, unchanging and Lord of heaven and earth. .**

**Rough times become refreshing times when I first run to God, then I must ...**

## **2. RELAX IN FAITH (v5-10)**

**\*\*Trust God (v9): “you have made the Lord...your dwelling place”**

**The word for “dwelling” has been used to refer to an animal’s lair, a place of retreat, or the place you call home/abode. Do you feel right at home in trusting God to care for your needs?**

**· No one seeks shelter in a place that they do not believe will keep them safe, it all boils down to trust.**

**I have to choose to relax and trust God to be my refuge.**

**NOTICE THE FAITH CONNECTION (v2): My, my, my and I: this is a personal thing. It’s all about you trusting God for yourself! To the extent that you trust in God, that is the extent of the refuge and protection you’ll experience in Him.**

**\*\*Don’t Fear (v5-6): “you will not be afraid...”**

**Since the source of our safety is Almighty God, no threat or danger, no matter how great, is mightier than God’s keeping power. In Matthew 10:28 Jesus said, "And do not fear those who kill the body, but are unable to kill the soul; but rather fear Him who is able to destroy both soul and body in hell." You might say, “You don’t know what I am going through.”**

**Circumstances mentioned: “Terror, arrows, pestilence, destruction, evil and plagues.” Sometimes life seems out of control and we feel like victims of our circumstances.**

**We say words like, “I’m doing OK under the circumstances!”**

**What are you doing under your circumstances?!**

**Someone said that circumstances are like a mattress: if you’re on top you can rest easy, but if you get underneath, you suffocate!**

**God is never negligent or caught off guard: (v5-6) “night and day, darkness and at noon” He is on the job.**

**Every minute of every hour of every day of every week of every month of every year God faithfully provides shelter and refuge for those who come to Him. Write down 24/7/365! Relax!**

**Isaiah 26:3-4 You, LORD, give true peace to those who depend on you, because they trust you. So, trust the LORD always, because he is our Rock forever (NCV).**

**We experience refreshment in rough times when you run to God, relax in faith, then you must....**

### **3. RELY ON HIS RESOURCES (v11-13)**

**You might say, “how can I relax in faith when I’ve got unmet needs?”**

**\*\*God’s Part (Be in charge): “He will give His angels charge...”**

**God is in control; He is in charge even during your rough times.**

**“Charge” could also be translated “appoint” or to “send” help.**

**God commissions angels to watch over and protect His own.**

**Matthew 18:10 "See that you do not despise one of these little ones, for I say to you, that their angels in heaven continually behold the face of My Father who is in heaven..**

**Matthew 4:11** Then the devil left Him; and behold, angels came and began to minister to Him.

**Hebrews 13:2** Do not neglect to show hospitality to strangers, for by this some have entertained angels without knowing it (NASB).

**Warning:** Satan quoted v11-12 when He tempted Jesus. He is constantly trying to distort our understanding of God's resources and how we can draw upon them.

**ANGEL CRAZE:** We are not to worship angels or call upon them. They don't smoke cigarettes or drink beer like they've been portrayed in popular movies. God uses them to execute His will.

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**\*\*My Part (Take steps of faith): "you will tread...you will trample"**

**God gives His angels charge, they bear us up, we are to walk.**

**When times get rough we tend to sit and wait for improvements to come to us, but God say that we are to do our part.**

**God will not tread upon the lion and cobra for us, angels will not trample down the young lion and serpent – those experiences are for us.**

**\*\*Resources are available for our need, but we are to take steps of faith and walk in them\*\***

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**Rough times are transformed into refreshing times when you run to God, relax in faith, rely on His resources, then you must...**

#### **4. RECOMMIT TO HIM (v14-16)**

**Only those who know and love God are assured of His protection!**

**When times get rough, it tends to clarify for us that which is most important. Our priorities get tested and we discover that we have to refocus our lives.**

**Here are three questions to ask yourself...**

**1. (v14) Do I know Him? “loved Me...has known my name”**

**The Bible says that we can be sure that we know God personally. God promises to deliver and provide security to those who know His name. You were created by God to have a heartfelt love relationship with Him. Rough times reveal how far away from God we really are and we must recommit our lives to Him.**

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**God answers His children who call upon Him. He not only hears them but is with them in an intimate and personal way. Are you experiencing times of prayer, answers and nearness of God? Rough times beckon us to shift our life's from independence to dependence.**

**3. (v16) Am I satisfied in Him? “I will satisfy him...salvation”**

**Literally “the length of his days I will satisfy him.” Those who genuinely have a personal relationship with God live a life marked by genuine satisfaction. Satisfaction IN God and salvation FROM God are synonymous. When the Creator of the universe lives in your heart, you are FULLY alive! In other words - you look no further because your spiritual thirst has been satisfied.**

**Do you have a personal relationship with God? Have you come to the place in your spiritual journey where you know beyond the shadow of a doubt that God is in your life? Let me give you four key words to embrace:**

**\*God: created you to know Him personally. But, to many people He seems far away and impersonal. Why? What is the problem?**

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**In the Bible, a person’s name is descriptive of their character.**

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**The terms “Shelter and Refuge” in vv1-2 picture TENDER images of the Most High God.**

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**In the Bible, a person’s name is descriptive of their character.**

**(v1-4) Give us four names of God that reveal truths about who God is and why we can run to Him in rough times:**

**1. Most High (v1,9): El Elyon means that God is the Uppermost, the Supreme and the Sovereign God. He is the Most High God who is in control of everything. This truth means...**

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**The terms “Shelter and Refuge” in vv1-2 picture TENDER images of the Most High God.**

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**The term “Fortress” in v2 pictures an image of TOUGHNESS. It is a place of absolute safety, where you are guaranteed protection from all attack. From the perspective of those who run to Him for refuge, God is warm and tender; from the vantage point of the attacker, God is as strong as steel.**

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The term “Faithfulness” in v4 pictures a **TRUSTWORTHY** image. The fact that God is 100% faithful is like a shield I can rest behind or protection that surrounds me.

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**The 1st principle for turning rough times into refreshing times is...**

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**Like the boy scribbling at his desk, people draw their view of God according to their own imagination and desires.**

**Swiss Theologian Karl Barth said, “there are only 2 ways to attain a knowledge of God: one is to begin with man and reason upward; the other is to begin with God and accept His revelation (of Himself) to us.**

**In the Bible, a person’s name is descriptive of their character.**

**(v1-4) Give us four names of God that reveal truths about who God is and why we can run to Him in rough times:**

**1. Most High (v1,9): El Elyon means that God is the Uppermost, the Supreme and the Sovereign God. He is the Most High God who is in control of everything. This truth means...**

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**The terms “Shelter and Refuge” in vv1-2 picture TENDER images of the Most High God.**

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**The term “Fortress” in v2 pictures an image of TOUGHNESS. It is a place of absolute safety, where you are guaranteed protection from all attack. From the perspective of those who run to Him for refuge, God is warm and tender; from the vantage point of the attacker, God is as strong as steel.**

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**Literally “the length of his days I will satisfy him.” Those who genuinely have a personal relationship with God live a life marked by genuine satisfaction. Satisfaction IN God and salvation FROM God are synonymous. When the Creator of the universe lives in your heart, you are FULLY alive! In other words - you look no further because your spiritual thirst has been satisfied.**

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**Like the boy scribbling at his desk, people draw their view of God according to their own imagination and desires.**

**Swiss Theologian Karl Barth said, “there are only 2 ways to attain a knowledge of God: one is to begin with man and reason upward; the other is to begin with God and accept His revelation (of Himself) to us.**

**In the Bible, a person’s name is descriptive of their character.**

**(v1-4) Give us four names of God that reveal truths about who God is and why we can run to Him in rough times:**

**1. Most High (v1,9): El Elyon means that God is the Uppermost, the Supreme and the Sovereign God. He is the Most High God who is in control of everything. This truth means...**

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**The terms “Shelter and Refuge” in vv1-2 picture TENDER images of the Most High God.**

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**I can run to Him because He is above all things.**

**The terms “Shelter and Refuge” in vv1-2 picture TENDER images of the Most High God.**

**He tenderly provides shelter and refuge from harsh and threatening elements, like a bird covering her young under her soft wings.**

**2. The Almighty (v1): El Shaddai comes from the root word “mountain” and speaks of God’s strength and position. God revealed Himself under this name to Abraham in Gen 17:1-2 when He promised to be His God and bless him. This name speaks of the God who has the power to be and do all that He’s promised. This truth means...**

**I can run to Him because God is all-powerful.**

**The term “Fortress” in v2 pictures an image of TOUGHNESS. It is a place of absolute safety, where you are guaranteed protection from all attack. From the perspective of those who run to Him for refuge, God is warm and tender; from the vantage point of the attacker, God is as strong as steel.**

**Pentagon: Represents the strength of U.S. military might as it hosts the U.S. Department of Defense. The 34-acre building proved to be susceptible to attack by evildoers.**

**\*\*The shadow of the Almighty God is the only secure place in the universe\*\***

**3. Lord (v2,9): Jehovah means the Self Existing One. The most common name used of God (over 6500x). He revealed Himself to Moses by saying, “I AM WHO I AM.” This name describes His eternal power and unchangeable character. In a world where values, morals, and laws change constantly, we can find stability and security in our unchanging God. This truth means...**

**I can run to Him because He is unchanging.**

The term “Faithfulness” in v4 pictures a **TRUSTWORTHY** image. The fact that God is 100% faithful is like a shield I can rest behind or protection that surrounds me.

**4. God (v2):** Elohim means that God is Superior to all “so called gods,” the Strong One, the Mighty Leader and the Supreme Deity. He is bigger than our imagination! This truth means...

**I can run to Him because He is Lord.**

When times get rough, do not run **FROM** God, but run **TO** God and avail yourself to the refuge He provides. He is above your circumstances, all-powerful, unchanging and Lord of heaven and earth. .

Rough times become refreshing times when I first run to God, then I must ...

## **2. RELAX IN FAITH (v5-10)**

**\*\*Trust God (v9):** “you have made the Lord...your dwelling place”

The word for “dwelling” has been used to refer to an animal’s lair, a place of retreat, or the place you call home/abode. Do you feel right at home in trusting God to care for your needs?

· No one seeks shelter in a place that they do not believe will keep them safe, it all boils down to trust.

**I have to choose to relax and trust God to be my refuge.**

**NOTICE THE FAITH CONNECTION (v2):** My, my, my and I: this is a personal thing. It’s all about you trusting God for yourself! To the extent that you trust in God, that is the extent of the refuge and protection you’ll experience in Him.

**\*\*Don’t Fear (v5-6):** “you will not be afraid...”

Since the source of our safety is Almighty God, no threat or danger, no matter how great, is mightier than God’s keeping power. In Matthew 10:28 Jesus said, "And do not fear those who kill the body, but are unable to kill the soul; but rather fear Him who is able to destroy both soul and body in hell." You might say, “You don’t know what I am going through.”

**Circumstances mentioned: “Terror, arrows, pestilence, destruction, evil and plagues.” Sometimes life seems out of control and we feel like victims of our circumstances.**

**We say words like, “I’m doing OK under the circumstances!”**

**What are you doing under your circumstances?!**

**Someone said that circumstances are like a mattress: if you’re on top you can rest easy, but if you get underneath, you suffocate!**

**God is never negligent or caught off guard: (v5-6) “night and day, darkness and at noon” He is on the job.**

**Every minute of every hour of every day of every week of every month of every year God faithfully provides shelter and refuge for those who come to Him. Write down 24/7/365! Relax!**

**Isaiah 26:3-4 You, LORD, give true peace to those who depend on you, because they trust you. So, trust the LORD always, because he is our Rock forever (NCV).**

**We experience refreshment in rough times when you run to God, relax in faith, then you must....**

### **3. RELY ON HIS RESOURCES (v11-13)**

**You might say, “how can I relax in faith when I’ve got unmet needs?”**

**\*\*God’s Part (Be in charge): “He will give His angels charge...”**

**God is in control; He is in charge even during your rough times.**

**“Charge” could also be translated “appoint” or to “send” help.**

**God commissions angels to watch over and protect His own.**

**Matthew 18:10 "See that you do not despise one of these little ones, for I say to you, that their angels in heaven continually behold the face of My Father who is in heaven..**

**Matthew 4:11** Then the devil left Him; and behold, angels came and began to minister to Him.

**Hebrews 13:2** Do not neglect to show hospitality to strangers, for by this some have entertained angels without knowing it (NASB).

**Warning:** Satan quoted v11-12 when He tempted Jesus. He is constantly trying to distort our understanding of God's resources and how we can draw upon them.

**ANGEL CRAZE:** We are not to worship angels or call upon them. They don't smoke cigarettes or drink beer like they've been portrayed in popular movies. God uses them to execute His will.

**Hebrews 1:14** Are they not all ministering spirits, sent out to render service for the sake of those who will inherit salvation?

**\*\*The point is that God is in charge. We are to look to Him to meet our needs in our rough times\*\***

**\*\*My Part (Take steps of faith): "you will tread...you will trample"**

**God gives His angels charge, they bear us up, we are to walk.**

**When times get rough we tend to sit and wait for improvements to come to us, but God say that we are to do our part.**

**God will not tread upon the lion and cobra for us, angels will not trample down the young lion and serpent – those experiences are for us.**

**\*\*Resources are available for our need, but we are to take steps of faith and walk in them\*\***

**\*\*God provides the help, we are to take the steps of faith\*\***

**Rough times are transformed into refreshing times when you run to God, relax in faith, rely on His resources, then you must...**

#### **4. RECOMMIT TO HIM (v14-16)**

**Only those who know and love God are assured of His protection!**

**When times get rough, it tends to clarify for us that which is most important. Our priorities get tested and we discover that we have to refocus our lives.**

**Here are three questions to ask yourself...**

**1. (v14) Do I know Him? “loved Me...has known my name”**

**The Bible says that we can be sure that we know God personally. God promises to deliver and provide security to those who know His name. You were created by God to have a heartfelt love relationship with Him. Rough times reveal how far away from God we really are and we must recommit our lives to Him.**

**2. (v15) Do I call upon Him? “he will call upon me”**

**God answers His children who call upon Him. He not only hears them but is with them in an intimate and personal way. Are you experiencing times of prayer, answers and nearness of God? Rough times beckon us to shift our life's from independence to dependence.**

**3. (v16) Am I satisfied in Him? “I will satisfy him...salvation”**

**Literally “the length of his days I will satisfy him.” Those who genuinely have a personal relationship with God live a life marked by genuine satisfaction. Satisfaction IN God and salvation FROM God are synonymous. When the Creator of the universe lives in your heart, you are FULLY alive! In other words - you look no further because your spiritual thirst has been satisfied.**

**Do you have a personal relationship with God? Have you come to the place in your spiritual journey where you know beyond the shadow of a doubt that God is in your life? Let me give you four key words to embrace:**

**\*God: created you to know Him personally. But, to many people He seems far away and impersonal. Why? What is the problem?**

**\*Man: chose to go his own way and the relationship with God was broken. Sin separates us from God, that why He feels far away.**

**\*Jesus: was God in the flesh. He died to pay for our sins and separate us from them. He gave His life to reconnect us to God.**

**\*You: can know God in a personal way by transferring your sins to Jesus by faith, and receiving His gift of forgiveness and eternal life.**

**Real Security: The government is spending tens of billions of dollars on "Homeland security." But real security is not the absence of danger – but the presence of God. Is His presence in your life?**

**· Acts 3:19 Repent therefore, and turn to God so that your sins may be wiped out, so that times of refreshing may come from the presence of the Lord (NRSV)**

**God did not send Jesus to rub your sins in, but to rub them out. If you'll turn from your sin, trust Jesus to be your Savior - the One who died to take the punishment of your sin, and invite Christ into your life...**

**Times of Refreshing will come your way as you'll have the presence of the Lord in your life!**