**Grace for Loneliness**

Psalm 91

**Genesis 2:18 (ESV)**Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him.”

**Revelation 15:4 (ESV)**Who will not fear, O Lord, and glorify Your name? For You alone are holy.

**The ultimate cure for human loneliness is *God alone!***

**Psalm 91:1 (ESV)**He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.

**Psalm 91:2 (ESV)**I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.”

**Psalm 91:3 (ESV)**For He will deliver you from the snare of the fowler and from the deadly pestilence.

**Psalm 91:4 (ESV)**He will cover you with His pinions, and under His wings you will find refuge; His faithfulness is a shield and buckler.

**Psalm 91:5 (ESV)**You will not fear the terror of the night, nor the arrow that flies by day,

**Psalm 91:6 (ESV)**nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.

**Psalm 91:7 (ESV)**A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

**Psalm 91:8 (ESV)**You will only look with your eyes and see the recompense of the wicked.

**Psalm 91:9 (ESV)**Because you have made the Lord your dwelling place— the Most High, who is my refuge—

**Psalm 91:10 (ESV)**no evil shall be allowed to befall you, no plague come near your tent.

**Psalm 91:11 (ESV)**For He will command His angels concerning you to guard you in all your ways.

**Psalm 91:12 (ESV)**On their hands they will bear you up, lest you strike your foot against a stone.

**Psalm 91:13 (ESV)**You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.

**Psalm 91:14 (ESV)**“Because he holds fast to Me in love, I will deliver him; I will protect him, because he knows My name.

**Psalm 91:15 (ESV)**When he calls to Me, I will answer him; I will be with him in trouble; I will rescue him and honor him.

**Psalm 91:16 (ESV)**With long life I will satisfy him and show him My salvation.”

1. **God says, “I will deliver you.”**

**Psalm 91:14 (ESV)**Because he holds fast to Me in love, I will deliver him …

1. **God says, “I will protect you.”**

**Psalm 91:14 (ESV)**… I will protect him, because he knows My name.

**Proverbs 18:10 (ESV)**The name of the Lord is a strong tower; the righteous man runs into it and is safe.

**Psalm 91:1 (ESV)**He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.

**Psalm 91:2 (ESV)**I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.”

1. **God says, “I will answer you.”**

**Psalm 91:15 (ESV)**When he calls to Me, I will answer him …

**Isaiah 49:15 (ESV)**Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you.

**Psalm 139:4 (ESV)**Even before a word is on my tongue, behold, O Lord, You know it altogether.

**1 Peter 5:6-7 (ESV)**Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you, casting all your anxieties on Him, because He cares for you.

1. **God says, “I will be with you.”**

**Psalm 91:15 (ESV)**… I will be with him in trouble …

**Psalm 91:3 (ESV)**For He will deliver you from the snare of the fowler and from the deadly pestilence.

**Psalm 91:5-6 (ESV)**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.

**Psalm 91:11-12 (ESV)**For He will command His angels concerning you to guard you in all your ways. On their hands they will bear you up, lest you strike your foot against a stone.

**Psalm 91:13 (ESV)**You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.

1. **God says, “I will rescue you.”**

**Psalm 91:15 (ESV)**… I will rescue him …

1. **God says, “I will honor you.”**

**Psalm 91:15 (ESV)**… I will rescue him and honor him.

**1 Samuel 2:30 (ESV)**… those who honor Me I will honor, and those who despise Me shall be lightly esteemed.

1. **God says, “I will satisfy you.”**

**Psalm 91:16 (ESV)**With long life I will satisfy him …

**Psalm 103:2, 5 (ESV)**Bless the Lord, O my soul, and forget not all His benefits … who satisfies you with good so that your youth is renewed like the eagle’s.

1. **God says, “I will show you My salvation.”**

**Psalm 91:16 (ESV)**With long life I will satisfy him and show him My salvation.

**Howard E. Rutledge Slide**

**Caption:** “God’s hand was on my shoulder, guiding me through every difficult period.” — Captain Howard E. Rutledge, United States Navy