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#### (PAGE 316 IN YOUR PSALMS JOURNAL)

ense Turn To

in The psalms

Please silence your phone, but check in at Grace and post all the good stuff on social media!

#### <sup>1</sup> He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.



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#### <sup>2</sup> I will say to the Lord, "My refuge and my fortress, my God, in whom I trust.

Poolon 91

### <sup>3</sup> For he will deliver you from the snare of the fowler and from the deadly pestilence.



<sup>4</sup>He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.



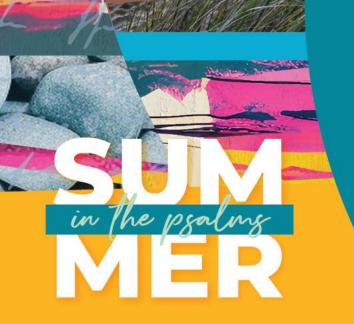
<sup>5</sup>You will not fear the terror of the night, nor the arrow that flies by day, on the pestilence that stalks in darkness, nor the destruction that wastes at noonday.



7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.



#### <sup>8</sup> You will only look with your eyes and see the recompense of the wicked.



#### Because you have made the Lord your dwelling place the Most High, who is my refuge

Poolon 91

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#### <sup>10</sup> no evil shall be allowed to befall you, no plague come near your tent.



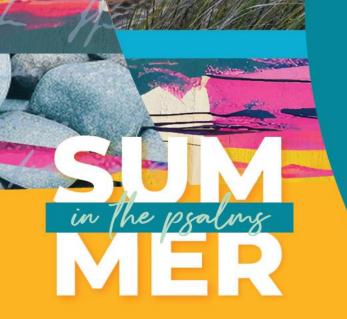
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#### <sup>11</sup> For he will command his angels concerning you to guard you in all your ways.



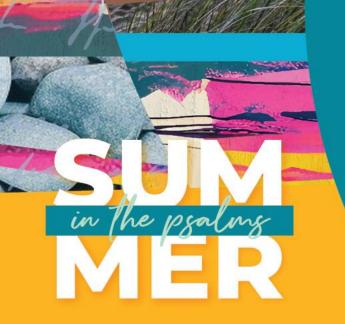
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## <sup>12</sup> On their hands they will bear you up, lest you strike your foot against a stone.

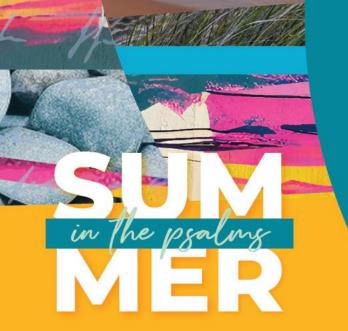


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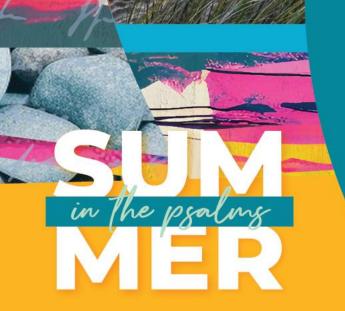
# <sup>13</sup> You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.



#### <sup>14</sup> "Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name.



#### <sup>15</sup> When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him.



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#### <sup>16</sup>With long life I will satisfy him and show him my salvation."



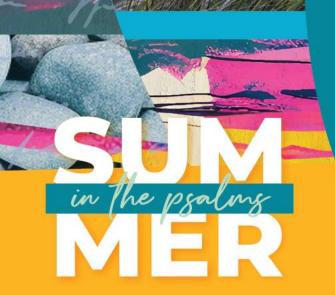




Questions to think about:



### Questions to think about: When you first come awake at the beginning of the day, where does your mind naturally go?



Questions to think about: In the little moments of space throughout your day, where does your mind fall "without thinking" about it?

Questions to think about: When you lay your head on your pillow at night, what are your final thoughts as you drift off to sleep?

