



UPPER ROOM
FELLOWSHIP MINISTRY

www.urfm.org

URFM is a **Spiritual Teaching** and **Christian Counseling** ministry

Matthew 28:19-20, 2 Timothy 2:2

Updated on November 19, 2025

In Case of Emergency, Call 911

(The Spiritual Discipline of Praying Scriptures)

Motto:

“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.”

— Psalm 91:1

Introduction

In the United States of America, we have a number to call in case of emergency, and that number is—**911**. As beloved children of God, we have a “*number*” to call in any life crisis. That number, spiritually speaking, is **Psalm 91:1**: “*He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.*”

The beauty of this is more profound than our physical eyes can see. Think about it. When you call any customer service number, your bank, your insurance company, your doctor’s office, the person who answers is not the CEO of the bank, or the president of the company, or the general director, or the doctor, but a receptionist, or nowadays, an AI assistant. Right? Even when you call **911** for immediate assistance from the police, the fire department, or the emergency room, the individual who answers is not the Surgeon General, the Police Chief, or the Hospital Director, but an operator. The operator takes your information, then directs your request to the proper channels. Then you wait and wait for someone to get back to you.

In Psalm 91:15, the Word of God states that **when we call on God, He Himself answers**. Wow! The Creator of the universe does not send an Archangel, like Michael or Gabriel; He does not send any ordinary angel; instead, He comes in Person to the “*phone*” and answers the call of His beloved children. Let’s never forget this amazing spiritual truth.

Background

A few years back, I was on a mission trip to India. During the first Gospel and Healing Meeting, the coordinating pastor read Psalm 91. When it was my turn to preach, I felt in my spirit that I should stay with this psalm. It was a good idea! Almost instantly, the Holy Spirit made several connections I had never seen before. Please allow me to share the message the Spirit inspired me to share that evening.

urfm.org/, (734) 972-5717, valy@urfm.org

Upper Room Fellowship Ministry (URFM)

A Place for Healing of the Heart and Restoration of the Soul by Experiencing Christ through the Power of the Holy Spirit

Brothers and sisters, you all have heard Psalm 91, right? While I was sitting in my chair, I got a few things stirring up in my heart from that particular Scripture. Please allow me to stick with this text. I am sure that most of you know this psalm very well. It is a powerful psalm! I like it a lot. As with many psalms, we tend to go directly to the benefits most psalms offer. But in doing so, we miss the real meat that God would like us to get. Psalm 91 is rich in assurances and promises. However, it contains more than assurances and promises. First, let me share with you some of the *promises* contained in this psalm, and secondly, let me offer you three *keys* to unlock these promises for your own life.

In **Psalm 91**, I found **seven** important promises. These are:

1. *God is our place of refuge* (Ps. 91:2)
2. *God is our deliverer* (Ps. 91:3)
3. *God is our shield of protection and cover* (Ps. 91:4)
4. *God is our protection in the war zone* (Ps. 91:5-8)
5. *God provides a “plague-free” insurance for us and our families* (Ps. 91:10)
6. *God gives us a “personal bodyguard” to protect us everywhere we go* (Ps. 91:11-12)
7. *God has given us the authority over the domain of darkness* (Ps. 91:13)

In this psalm, as the Holy Spirit directed me, I discovered three keys to unlock the promises outlined above. These Keys are:

Key number one—*Have a love relationship with God*

Key number two—*Pray without ceasing*

Key number three—*Dwell with the Most High*

God's Promises found in Psalm 91

1. *God is our place of refuge* (Ps. 91:2)

There is no other strong tower of protection than God Himself. He alone is our fortress. According to Merriam-Webster Dictionary, a fortress is a place that is protected against attack: a fortified place [1]. This is a powerful promise, isn't it? When you are in danger and the enemy is after you, it is nice to have a fortress to run to and find refuge. Well... God is that place of safety for each of us. Isn't this good news? Praise the Lord! Of course, it is.

2. *God is our deliverer* (Ps. 91:3)

He delivers us “*from the snare of the trapper*”. As Christians, many times, we are walking in the minefield of the enemy. Many times, we are in danger of falling into one of the enemy's traps. In Psalm 91:3, we have a compelling promise that God can deliver us from the snare of the trapper. In time of crisis, it is nice to have God's promissory note in your back pocket to withdraw, via prayer, the assurances from your heavenly bank. Now that you know this, I am sure it will come in handy sooner than you may think.

3. God is our shield of protection and cover (Ps. 91:4)

When we are under attack from evil people, it is comforting to know that God covers us with His wings. The image that the psalmist wants to convey here is of a hen protecting the chicks under her wings. These days, it is almost impossible not to face opposition or be attacked from one side or another. Having a promise like this in critical situations is extremely helpful. When we are in danger or under attack from the enemy, why not run fast under God's proven shield—*His steadfast love and faithfulness*.

4. God is our protection in the war zone (Ps. 91:5-8)

We are, so to speak, in an invisible war “*terror by night*,” or “*pestilence that stalks in darkness*.” When I say war, I mean spiritual warfare. In any war, there are casualties. It feels encouraging to know that, in dangerous situations when many could fall as victims at our side or at our right hand, by the thousands, even tens of thousands, we have the promise that nothing touches us. Of course, God does not enjoy seeing humans suffering, and neither do we; however, this is what verse eight is talking about.

5. God provides a “plague-free” insurance for us and our families (Ps. 91:10)

Not only are we as individuals in danger, but our loved ones, our families, our houses, and our churches are at stake, too. However, the Word of God promises that NO plague will come near our tents (Ps. 91:10). Wow! This is excellent news! Knowing that such a provision is written into our “*heavenly insurance policy*” is very encouraging. As ambassadors of Christ (2 Cor. 5:20), we have God's promise of protection for ourselves and our entire family against any plague. To me, this is mind-boggling news. I hope it is for you too.

6. God gives us a “personal bodyguard” to protect us everywhere we go (Ps. 91:11-12)

How does it feel to walk in the enemy's camp with the most potent personal bodyguard? Knowing that God's army guards you feels very safe, doesn't it? This is precisely what verses eleven and twelve tell us:

For He will give His angels charge concerning you, to guard you in all your ways. They will bear you up in their hands, that you do not strike your foot against a stone. (Psalm 91:11-12)

Many times, we fret out, but the Scripture assures us in 1 John 4:4 that “*because greater is He who is in you than he who is in the world*.” Beloved, remember that as born-again believers (cf. 1 John 5:18), the evil one does not touch us. If we have made the Lord our dwelling place and refuge (v. 9), we are on the winning side all the time.

7. God has given us the authority over the domain of darkness (Ps. 91:13)

Moreover, God has given us the authority to “*trample down*” the lion and the serpent. Both of these creatures, in the proper context, symbolize the power of the devil. Well, according to this psalm, and many other places in Scripture, God has given us the authority to “*tread upon the lion and cobra*” (Ps. 91:13). Jesus re-affirms this promise to His church: “*Behold, I have given you authority to tread on serpents and scorpions, and over the entire power of the enemy, and nothing will injure you*” (Luke 10:19). Last I checked, “*nothing*,” means, diddly, nix, nada, zero, zilch, not anything, zot.

Upper Room Fellowship Ministry (URFM)

A Place for Healing of the Heart and Restoration of the Soul by Experiencing Christ through the Power of the Holy Spirit

I am sure that all of you agree that all of these are powerful promises to have. And, more importantly, they come in very handy during emergencies. When we read this psalm, we can be inclined to concentrate and zero in on these promises. However, if this is the only thing we do, we risk missing the provisions God has made to “unlock” these promises and of becoming frustrated and not benefiting from them. You see, they come as a “package deal”: the Promisor and the promises. We should not expect to have the promises while rejecting the Promisor. Often, believers treat God’s promises like “blank checks” handed to them. I am sure that you agree with me that this is not the case with God’s promises. They don’t quite work like—*name it and claim it*, as you may have heard it from some preachers.

Three Keys to unlock God’s promises contained in Psalm 91

Please permit me to show you three “keys” from this psalm that God is offering us to unlock these powerful promises in our lives.

Key number one—*Have a love relationship with God*

Our personal relationship with God through Jesus Christ is the only basis for unlocking God’s promises. If in verses one to thirteen the psalmist, under the inspiration of the Holy Spirit, was speaking from his point of view, in verses fourteen and fifteen God Himself is the One who says: “*Because he has loved Me, therefore I will deliver him*” (Ps. 91:14). **God’s nature is LOVE.** Therefore, our Father desires a love-based relationship with Him, not a religion-based or a law-based relationship. Jesus says: “*If you love Me, you will keep my commandments*” (John 14:15). As a result of that love relationship, God’s promises are “turned ON” for us.

Key number two—*Pray without ceasing*

Actually, the Word of God conveys that believers are supposed to be in constant, continuous communication with the Father. In 1 Thess. 5:17, Paul tells us to pray without ceasing. Many times, we don’t have it because we don’t ask for it. Jesus Himself told His disciples: “*Ask—and keep on asking, and it will be given to you; seek—and keep on seeking, and you will find; knock—and keep on knocking, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened*” (Matt. 7:7–8).

It is evident from these Scriptures that prayer unlocks God’s promises in the believer’s life. Other times we don’t have because we pray with wrong and selfish motives. James hits the nail in the head with these words: “*You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures*” (James 4:3). It cannot be clearer than this. In Psalm 91 God tells us plainly: “*He will call upon Me, and I will answer him*” (Ps. 91:15).

Key number three—*Dwell with the Most High*

To dwell, according to Merriam-Webster Dictionary, means “*to live as a resident*” [2]. In other words, you are not just visiting with God from time to time. We do not meet with God only during church services; the rest of the time, we are on our own. No. We are called to walk with God every day. Even more than that, we are invited to *dwell* with God. Well... If we dwell with God, He also dwells with us. I know, this is a mystery. Jesus explains it to us: “*If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him*” (John 14:23). Do you see that? **The Trinity will make Their abode with us.** Wow! What a profound mystery we have here!

Upper Room Fellowship Ministry (URFM)

A Place for Healing of the Heart and Restoration of the Soul by Experiencing Christ through the Power of the Holy Spirit

These powerful promises are for each and every one of you. According to the Word of God, I guarantee you that these keys, when used together, can unlock these beautiful promises. I am very sure of it. If you encounter any problems with these keys, I will give you a number to call. **Call 91:1.**

Well... In a nutshell, this is what I shared during that Gospel and Healing Meeting in India. Then we prayed with people and for the people gathered at that event. God was in our midst and answered our prayers. Praise the Lord for it!

Praying Scriptures

(Based on Psalm 91)

Father God, every time I am in danger, I call upon You for protection (v.15). I declare and confess that You are my personal shelter and shield, and I fully trust in You (v.2, 9). Lord, my family and I take refuge under Your wings every day and every night. Having my complete confidence in You, I am not letting fear grip my heart or tamper with my emotions (v. 5). Instead, Lord, I stand firm in Your promises and in Your faithfulness (v. 4).

Lord, You are omnipotent; therefore, You are more reliable than anything going on in the world today. So, full of divine hope of protection (v.10), I come boldly in prayer for my spouse (*insert his or her name*), my children (*list them by name*), my grandchildren (*list them by name*), all of my relatives (*list them by name*), church friends (*list them by name*), and co-workers (*list them by name*).

God, based on Your Word, I declare that there is no plague, viruses, no sickness, no diseases, and nothing else that, without Your knowledge or without Your higher plan, would harm my family or me. Lord, in prayer, I place them under Your protection and provision. Thank You, Lord, for sending your angelic bodyguard to protect us everywhere we go (v. 11, 12).

Father, I am so grateful that You have given me authority even over the domain of darkness. The evil one cannot touch any of us (v. 13, 1 John 4:4).

Finally, God, I am so thankful for the Lord Jesus Christ—my salvation. Thank You in advance for a long life (v. 16) under Your blessings, protection, and care.

In Jesus' name, I pray. Amen.

With Love in Christ's Service,

Valy Valera

Board Certified Pastoral Counselor (BCPC)

Master Mental Health Coach (BCMMHC)

<https://bit.ly/4oDUJhg>

<https://bit.ly/46LCQqa>

"He heals the brokenhearted and binds up their wounds" (Psalm 147:3).

Epilogue

Let's end with a story. In 1854, England was hit by an outbreak of Asiatic cholera. Charles Spurgeon, the famous English preacher, while returning home from another funeral, saw a paper affixed to a shoemaker's window. The preacher was intrigued by this because it was not a usual announcement or advertising; instead, it was Psalm 91:9–10: *"Because thou hast made the LORD, which is my refuge, even the most High, thy habitation; There shall no evil befall thee, neither shall any plague come nigh thy dwelling."* This made such a deep impression on Spurgeon's heart.

Subsequently, he wrote:

The effect upon my heart was immediate. Faith appropriated the passage as her own. I felt secure, refreshed, girt with immortality. I went on with my visitation of the dying in a calm and peaceful spirit; I felt no fear of evil, and I suffered no harm. The providence which moved the tradesman to place those verses in his window I gratefully acknowledge, and in the remembrance of its marvelous power, I adore the Lord my God.[3]

This is a powerful testimony that we can all be encouraged by. I hope that you will embrace a spirit of courage, wisdom, and personal discipline. I encourage you to take to heart the words of Paul to Timothy: *"For God has not given us a spirit of timidity, but of power and love and discipline"* (2 Timothy 1:7).

Benediction

May the LORD answer you in the day of trouble! May the name of the God of Jacob set you securely on high!

May He send you help from the sanctuary and support you from Zion!

May He remember all your meal offerings and find your burnt offering acceptable! Selah.

May He grant you your heart's desire and fulfill all your counsel!

— Psalm 20:1–4

Endnotes:

[1] <http://www.merriam-webster.com/dictionary/fortress>. (Accessed on March 29, 2014).

[2] <http://www.merriam-webster.com/dictionary/dwell>. (Accessed on March 29, 2014).

[3] Quoted by David Guzik in The Enduring Word Bible Commentary. www.enduringword.com. Accessed on March 14, 2020. <https://enduringword.com/bible-commentary/psalm-91/>.