

QUIET MORNINGS IN THE
PSALMS

A 40-DAY JOURNEY OF
TENDER CONVERSATIONS WITH THE
KING



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PSALM 18:1–2, NIV

I love you, Lord, my strength.
The Lord is my rock, my fortress
and my deliverer;
my God is my rock, in whom I
take refuge, my shield and the
horn of my salvation, my
stronghold.



DAY 3 – SHELTER IN THE STORM

Read: Psalm 3, Psalm 4, Psalm 27, Psalm 91

Theme: From Fear to Peace in the Presence of God

Prepare Your Heart

Begin by worshiping with one or more of the following songs:

- “Though You Slay Me” – Shane & Shane
- “Whom Shall I Fear (God of Angel Armies)” – Chris Tomlin
- “Psalm 91 (On Eagles’ Wings)” – Shane & Shane
- “One Thing” – Hillsong Worship
- “You Are My Hiding Place” – Selah

Reflect

Psalm 3 begins with fear. Enemies surround, hope feels distant, and sleep is hard to come by.

But David looks up. He calls God a shield, a lifter of his head.

Psalm 4 moves from complaint to calm. Psalm 27 burns with longing: “One thing I ask... to dwell in the house of the Lord.”

Psalm 91 paints a picture of the soul at rest, hidden under the shadow of the Almighty.

These psalms don’t promise a storm-free life. They promise shelter. Peace comes, not when the danger ends, but when God draws near.

Study

1. In Psalm 3, note the moment David’s voice shifts from panic to praise. What prompts the change?
2. Psalm 4 ends with peace. What decisions of heart or prayer led to that rest?
3. Compare Psalm 27:4 and Psalm 91:1. What do they reveal about God’s presence?

Pray

Lord, when fear rises and my heart grows restless, remind me of who You are.

Be my shelter, my shield, my stillness. Let trust grow louder than anxiety, even while the storm continues.

Journal

Where do you feel exposed, anxious, or surrounded right now?

Write about what it might mean to take shelter in God’s presence, not as escape, but as your true place of peace.