

# REMEMBER

## PSALM 91

### Linked to Remembrance Sunday

In many countries, Psalm 91 is known as the 'Soldier's Prayer'. These words of comfort have been taken into combat by soldiers across the globe. As we remember those who have given their lives to protect our safety and security, we'll reflect on the poetic words of Psalm 91. This session focuses on the power of prayer and reminds us that God is our refuge and fortress.

*If possible, bring doughnuts for the group to eat as part of the starter activity.*

## WELCOME

The Salvation Army has always had a strong connection with supporting the military on the battlefield. This week we are reflecting on Psalm 91 in the light of Remembrance Sunday. Although Remembrance Sunday is mainly acknowledged in the UK, there's a fascinating story about The Salvation Army's doughnut girls in World War I.

*Give each member of the group a doughnut to enjoy as they discover more about the doughnut girls.*

### The Salvation Army Doughnut Girls – YouTube (5:14)

<https://www.youtube.com/watch?v=dZ8dig33lw4>

Through this simple idea, and others like it, Salvationists were able to bring comfort to those in the middle of conflict.

 What impact do you think this ministry had on the soldiers at the front line?

 Do you think you would have been brave enough to volunteer to be part of the team? If so, why?

Each time you eat a doughnut, remember the brave work of the doughnut girls as they supported soldiers in World War 1.

## WORD

In many countries across the globe, soldiers take a copy of Psalm 91 into battle. It is known as the 'Soldier's Prayer'. Today we are going to spend time reflecting on its message of comfort and explore its themes.

### Read Psalm 91.

## PSALM 91

- <sup>1</sup> **Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.**
- <sup>2</sup> **I will say of the Lord, 'He is my refuge and my fortress,  
my God, in whom I trust.'**
- <sup>3</sup> **Surely he will save you  
from the fowler's snare  
and from the deadly pestilence.**
- <sup>4</sup> **He will cover you with his feathers,  
and under his wings you will find refuge;  
his faithfulness will be your shield and rampart.**
- <sup>5</sup> **You will not fear the terror of night,  
nor the arrow that flies by day,  
nor the pestilence that stalks in the darkness,  
nor the plague that destroys at midday.**
- <sup>7</sup> **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 observe with your eyes  
and see the punishment of the wicked.

<sup>9</sup> If you say, 'The Lord is my refuge,'  
and you make the Most High your dwelling,

<sup>10</sup> no harm will overtake you,  
no disaster will come near your tent.

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

<sup>12</sup> they will lift you up in their hands,  
so that you will not strike your foot against a stone.

<sup>13</sup> You will tread on the lion and the cobra;  
you will trample the great lion and the serpent.

<sup>14</sup> 'Because he loves me,' says the Lord, 'I will rescue him;  
I will protect him, for he acknowledges my name.

<sup>15</sup> He will call on me, and I will answer him;  
I will be with him in trouble,  
I will deliver him and honour him.

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

The following section uses teaching from Tim Keller. The timings for stopping the clip are provided below, along with discussion questions.

 **Trusting God in Difficult Times – Psalm 91 Meditation by Tim Keller (0:00-8:28)**  
[https://youtu.be/\\_pXWZNtxS0Q](https://youtu.be/_pXWZNtxS0Q)

**Watch 0:00-2:52.**

-  What is the promise of this psalm?
-  What false belief do people often have about the promise in this psalm?
-  Look at Luke 4:9-11. How is the devil misusing the promise of Psalm 91?
-  What is the danger in falling for this false promise?

**Watch 2:52-7:04**

-  Why is it important to compare verses in Scripture to see if they are in line with one another?
-  What is the message behind Joseph's words in Genesis 50:20?
-  How does Romans 8:28 help us to understand God's idea of safety?
-  What does Luke 21:16-18 teach us about safety? What is challenging about these words?
-  What do you think about Tim's comment that safety is found when we live our lives purely for the glory of God?
-  What things in your life are in danger of becoming more important than God?

Tim makes the point that we don't have to love these things less, we just need to make sure that our safety and security is placed firmly in God's hands.

**Watch 7:04-8:28**

-  What is the message of safety in this psalm?
-  What image is used in the psalm to remind us that we are sheltered and kept safe by God?

Whether you are a Salvation Army soldier or not, Psalm 91 is a prayer that we can all take into the challenges we face.

## ADDITIONAL ACTIVITY

Watch the 'Question and Answer' section of the clip with Tim and Kathy Keller

 **Trusting God in Difficult Times – Psalm 91 Meditation by Tim Keller (8:28-11:30)**  
[https://youtu.be/\\_pXWZNtxS0Q](https://youtu.be/_pXWZNtxS0Q)

Tim and Kathy shared their sweet story about having a Bible verse engraved in their wedding band. At a later point they discovered that they had taken the verse totally out of context.

 Can you think of any verses that are often used as 'promise box' verses that mean something else in their context?

## WITNESS

As we remember those who have lost loved ones in conflicts across the world, we need to remember the places that are in turmoil now. For example, The Salvation Army is involved in supporting people involved in the conflict in Ukraine.

*There are two options available for today's witness activity.*

**Option One:** *If any corps or churches are involved in support projects linked to the war in Ukraine, then find a way to get involved as a group. Use this time to explore how the group could provide practical support for those who are facing or fleeing from conflict in their country.*

**Option Two:** *Print out an enlarged copy of a map of Europe and stick it in the centre of a flip chart sheet. Discuss with the group how countries surrounding Ukraine are also impacted by the war and highlight The Salvation Army's involvement.*

Watch the clip together and note down the countries mentioned.

 **The Salvation Army in Ukraine – Ian Haylett (4:25)**  
<https://youtu.be/TdWumpp24yc>

*When the clip has finished, allocate countries to different group members and ask them to identify the key leaders and support workers for The Salvation Army in their location. Ask the group to write down prayer points linked to the country they have researched and the involvement of The Salvation Army in that area. When the sheet is completed, take a photograph and share it with the group as a prayer focus for the following week.*

## ADDITIONAL ACTIVITY

Focus your prayer specifically on Christians living in war-torn countries.

 What message of hope is found for them in Psalm 91?

## WORSHIP

Our worship time together is going to be spent in prayer using an unlikely source as our inspiration. Every year the *Strictly Come Dancing* team create a special dance for Remembrance Sunday. As you watch the clip, jot down prompts for prayer for those impacted by war and conflict.

 **A Remembrance Day – inspired Strictly Pros routine – BBC Strictly 2019 (3:29)**  
<https://youtu.be/qOEGNkOlv-4>

*Once the clip is finished, discuss the responses from the group. Suggestions are listed below:*

- \* Separated families
- \* Long-term trauma – PTSD
- \* Those who have lost loved ones
- \* Those involved in current conflicts
- \* Elderly veterans

Use the ideas from the group to either spend time in prayer together or create a prayer of remembrance. If your session is before Remembrance Sunday, then this prayer could be shared on the corps website / social media pages.

## ADDITIONAL ACTIVITY

If you feel that it is appropriate for your group, you could share a minute's silence together for those who have lost their lives fighting to protect ours. After the minute's silence, play the sung version of Psalm 91 and finish the session with a prayer of remembrance.

### Psalm 91 – Jonathan Ogden (3:24)

<https://youtu.be/EbFBhGQdorY>

**Father of all, remember your holy promise,  
and look with love on all your people, living and departed.  
On this day we especially ask that you would hold for ever  
all who have suffered during war, those who returned scarred by warfare,  
those who waited anxiously at home,  
and those who returned wounded and disillusioned;  
those who mourned, and those communities that were diminished and suffered loss.  
Remember too those who acted with kindly compassion,  
those who bravely risked their own lives for their comrades,  
and those who, in the aftermath of war, worked tirelessly for a more peaceful world.  
And as you remember them, remember us, O Lord;  
grant us peace in our time and a longing for the day when people of every language, race and  
nation will be brought into the unity of Christ's Kingdom.  
This we ask in the name of the same Jesus Christ our Lord.  
Amen.**

Taken from the Church of England Website.

[Prayers for Remembrance | The Church of England](#)