



## Key References:

### **Psalm 91:1–2 (ESV)**

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. <sup>2</sup>I will say to the LORD, “My refuge and my fortress, my God, in whom I trust.”

### **Hebrews 10:19–23 (ESV)**

<sup>19</sup> Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, <sup>20</sup> by the new and living way that he opened for us through the curtain, that is, through his flesh, <sup>21</sup> and since we have a great priest over the house of God, <sup>22</sup> let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. <sup>23</sup> Let us hold fast the confession of our hope without wavering, for he who promised is faithful.

### **Exodus 33:14 (ESV)**

<sup>14</sup> And he said, “My presence will go with you, and I will give you rest.”

### **Exodus 33:11 (ESV)**

<sup>11</sup> Thus the LORD used to speak to Moses face to face, as a man speaks to his friend.

### **Ephesians 3:16–19 (ESV)**

<sup>16</sup> that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, <sup>18</sup> may have strength to comprehend with all the saints what is the breadth and length and height and depth, <sup>19</sup> and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

## **1 – RESTING IN HIS SHADOW**

Read Psalm 91:1-2. **To you what does it mean to “ *dwell in the shelter of the Most High*”?**

This psalm was either written by Moses or David, neither of which had easy lives. **Does verse 2 sound like a choice of trusting the Lord? How did each of these people have to choose to trust God?**

**Why must we choose to trust God in these difficult times?**

Read Hebrews 10:19-23. **What, and who, gives us the ability and right to draw near to God? Why is this important to remember?**

Read Exodus 33:14. **How does God’s presence produce rest? What kind of rest is this verse talking about?**

**Are you currently experiencing worries or anxieties that you would like rest from?**

Read Exodus 33:11. In the Old Testament very few had this level of access to God. **What has changed because of Jesus to our access to God?**

**Do you see the Holy Spirit as a friend? How can you cultivate a similar friendship with the Holy Spirit that Moses had with God?**

## **2 – STRENGTHEND**

Read Ephesians 3:16-19. **How do you think God wants to strengthen our inner begin right now?**

**How will this “*love of Christ that surpasses knowledge*” help us through times of hardship?**

**How does the Holy Spirit deliver strength to us?**

**In these times how are you finding time to abide in God? Have you felt strengthened through them?**

### **Psalms 91:1 (ESV)**

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

### **Hebrews 10:19–25 (ESV)**

<sup>19</sup> Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, <sup>20</sup> by the new and living way that he opened for us through the curtain, that is, through his flesh, <sup>21</sup> and since we have a great priest over the house of God, <sup>22</sup> let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. <sup>23</sup> Let us hold fast the confession of our hope without wavering, for he who promised is faithful. <sup>24</sup> And let us consider how to stir up one another to love and good works, <sup>25</sup> not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

### **Exodus 33:7–11 (ESV)**

<sup>7</sup> Now Moses used to take the tent and pitch it outside the camp, far off from the camp, and he called it the tent of meeting. And everyone who sought the LORD would go out to the tent of meeting, which was outside the camp. <sup>8</sup> Whenever Moses went out to the tent, all the people would rise up, and each would stand at his tent door, and watch Moses until he had gone into the tent. <sup>9</sup> When Moses entered the tent, the pillar of cloud would descend and stand at the entrance of the tent, and the LORD would speak with Moses. <sup>10</sup> And when all the people saw the pillar of cloud standing at the entrance of the tent, all the people would rise up and worship, each at his tent door. <sup>11</sup> Thus the LORD used to speak to Moses face to face, as a man speaks to his friend. When Moses turned again into the camp, his assistant Joshua the son of Nun, a young man, would not depart from the tent.

### **Exodus 33:12–23 (ESV)**

<sup>12</sup> Moses said to the LORD, “See, you say to me, ‘Bring up this people,’ but you have not let me know whom you will send with me. Yet you have said, ‘I know you by name, and you have also found favor in my sight.’” <sup>13</sup> Now therefore, if I have found favor in your sight, please show me now your ways, that I may know you in order to find favor in your sight. Consider too that this nation is your people.” <sup>14</sup> And he said, “My presence will go with you, and I will give you rest.” <sup>15</sup> And he said to him, “If your presence will not go with me, do not bring us up from here.

<sup>16</sup> For how shall it be known that I have found favor in your sight, I and your people? Is it not in your going with us, so that we are distinct, I and your people, from every other people on the face of the earth?”

<sup>17</sup> And the LORD said to Moses, “This very thing that you have spoken I will do, for you have found favor in my sight, and I know you by name.”

<sup>18</sup> Moses said, “Please show me your glory.” <sup>19</sup> And he said, “I will make all my goodness pass before you and will proclaim before you my name ‘The LORD.’ And I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy. <sup>20</sup> But,” he said, “you cannot see my face, for man shall not see me and live.” <sup>21</sup> And the LORD said, “Behold, there is a place by me where you shall stand on the rock, <sup>22</sup> and while my glory passes by I will put you in a cleft of the rock, and I will cover you with my hand until I have passed by. <sup>23</sup> Then I will take away my hand, and you shall see my back, but my face shall not be seen.”

### **Exodus 34:5–7 (ESV)**

<sup>5</sup> The LORD descended in the cloud and stood with him there, and proclaimed the name of the LORD. <sup>6</sup> The LORD passed before him and proclaimed, “The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, <sup>7</sup> keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children’s children, to the third and the fourth generation.”

### **Ephesians 3:14–19 (ESV)**

<sup>14</sup> For this reason I bow my knees before the Father, <sup>15</sup> from whom every family in heaven and on earth is named, <sup>16</sup> that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, <sup>18</sup> may have strength to comprehend with all the saints what is the breadth and length and height and depth, <sup>19</sup> and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

### **John 4:23–24 (ESV)**

<sup>23</sup> But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. <sup>24</sup> God is spirit, and those who worship him must worship in spirit and truth.”