

## Session One: "What's Happening to Me?" – On My Own

### Psalm 91

1 He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.  
2 I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."  
3 Surely he will save you from the fowler's snare and from the deadly pestilence.  
4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. 5 You will not fear the terror of night, nor the arrow that flies by day,  
6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. 7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. 8 You will only observe with your eyes and see the punishment of the wicked. 9 If you make the Most High your dwelling — even the LORD, who is my refuge — 10 then no harm will befall you, no disaster will come near your tent. 11 For he will command his angels concerning you to guard you in all your ways; 12 they will lift you up in their hands, so that you will not strike your foot against a stone. 13 You will tread upon the lion and the cobra; you will trample the great lion and the serpent. 14 "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name. 15 He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.  
16 With long life will I satisfy him and show him my salvation."

### Psalm 142

1 I cry aloud to the LORD; I lift up my voice to the LORD for mercy. 2 I pour out my complaint before him; before him I tell my trouble. 3 When my spirit grows faint within me, it is you who know my way. In the path where I walk men have hidden a snare for me. 4 Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life. 5 I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living." 6 Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. 7 Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

### Psalm 112

1 Praise the LORD. Blessed is the man who fears the LORD, who finds great delight in his commands. 2 His children will be mighty in the land; the generation of the upright will be blessed. 3 Wealth and riches are in his house, and his righteousness endures forever. 4 Even in darkness light dawns for the upright, for the gracious and compassionate and righteous man. 5 Good will come to him who is generous and lends freely, who conducts his affairs with justice. 6 Surely he will never be shaken; a righteous man will be remembered forever. 7 He will have no fear of bad news; his heart is steadfast, trusting in the LORD. 8 His heart is secure, he will have no fear; in the end he will look in triumph on his foes. 9 He has scattered abroad his gifts to the poor, his righteousness endures forever; his horn will be lifted high in honor. 10 The wicked man will see and be vexed, he will gnash his teeth and waste away; the longings of the wicked will come to nothing.

### Psalm 56

1 Be merciful to me, O God, for men hotly pursue me; all day long they press their attack. 2 My slanderers pursue me all day long; many are attacking me in their pride.  
3 When I am afraid, I will trust in you. 4 In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me? 5 All day long they twist my words; they are always plotting to harm me. 6 They conspire, they lurk, they watch my steps, eager to take my life. 7 On no account let them escape; in your anger, O God, bring down the nations. 8 Record my lament; list my tears on your scroll — are they not in your record? 9 Then my enemies will turn back when I call for help. By this I will know that God is for me. 10 In God, whose word I praise, in the LORD, whose word I praise — 11 in God I trust; I will not be afraid. What can man do to me?  
12 I am under vows to you, O God; I will present my thank offerings to you. 13 For you have

delivered me from death and my feet from stumbling, that I may walk before God in the light of life.

**Psalm 31 (vs 9-24)**

9 Be merciful to me, O LORD, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief. 10 My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.

11 Because of all my enemies, I am the utter contempt of my neighbors; I am a dread to my friends — those who see me on the street flee from me. 12 I am forgotten by them as though I were dead; I have become like broken pottery. 13 For I hear the slander of many; there is terror on every side; they conspire against me and plot to take my life.

14 But I trust in you, O LORD; I say, "You are my God." 15 My times are in your hands; deliver me from my enemies and from those who pursue me. 16 Let your face shine on your servant; save me in your unfailing love. 17 Let me not be put to shame, O LORD, for I have cried out to you; but let the wicked be put to shame and lie silent in the grave. 18 Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous. 19 How great is your goodness, which you have stored up for those who fear you, which you bestow in the sight of men on those who take refuge in you. 20 In the shelter of your presence you hide them from the intrigues of men; in your dwelling you keep them safe from accusing tongues. 21 Praise be to the LORD, for he showed his wonderful love to me when I was in a besieged city. 22 In my alarm I said, "I am cut off from your sight!" Yet you heard my cry for mercy when I called to you for help. 23 Love the LORD, all his saints! The LORD preserves the faithful, but the proud he pays back in full. 24 Be strong and take heart, all you who hope in the LORD.