

## My Refuge and My Fortress

### 91

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

2

I will say<sup>[a]</sup> to the Lord, "My refuge and my  
fortress, my God, in whom I trust."

3

For he will deliver you from the snare of the  
fowler and from the deadly pestilence.

4

He will cover you with his pinions, and under his  
wings you will find refuge; his faithfulness is a  
shield and buckler.

5

You will not fear the terror of the night, nor the  
arrow that flies by day,

6

nor the pestilence that stalks in darkness, nor the  
destruction that wastes at noonday.

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 look with your eyes and see the  
recompense of the wicked.

9

Because you have made the Lord your dwelling  
place— the Most High, who is my refuge<sup>[b]</sup>—

10

no evil shall be allowed to befall you, no plague  
come near your tent.

11

For he will command his angels concerning you to

guard you in all your ways.

**12**

On their hands they will bear you up, lest you strike your foot against a stone.

**13**

You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.

**14**

"Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name.

**15**

When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him.

**16**

With long life I will satisfy him and show him my salvation."