TEAM IMPACT CHURCH
SUNDAY MESSAGE • 25 OCTOBER 2026

The Believer's Covenant

Finding strength and security in Psalm 91



Dr Steve Van Wyk

Life brings challenges, both great and small. Through every generation, Psalm 91 has offered believers strength, hope and encouragement. It reminds us of God's faithfulness and invites us to live in close fellowship with Him.

We can read this psalm as a declaration of confidence in God: He is our refuge, our protector and our deliverer. His presence gives us courage to face trouble and trust Him through it.

We don't talk a lot today about covenants, but we should.

Covenants are one of the most important themes in the Bible - they are the key to God's redemptive plan to restore humanity to its divine calling

What is a covenant

A covenant is a relationship between two partners who make binding promises to each other. Covenants define obligations and commitments, BUT they are different from contracts because they are relational and personal. Think of a marriage, in which partners work together toward a common goal.

Covenant relationships are found throughout the Bible. Think about the very first covenant God made with Adam and Eve.

1 The Condition

Psalm 91:1

The psalm begins with an invitation to dwell in the shelter of the Most High and rest in the shadow of the Almighty.

To dwell means more than to visit occasionally. It speaks of an ongoing relationship—a life rooted in God's presence through prayer, obedience and trust.

God is faithful to His promises. Our response is to remain close to Him.

Application: Make time with God a daily priority.

2 Speak Out

Psalm 91:2

The psalmist personally declares that the Lord is his refuge and fortress. Faith finds expression in what we say as well as how we live.

When uncertainty comes, we can affirm our trust in God. Our confidence rests in His character and faithfulness.

Declaration: Lord, You are my refuge and my fortress. I place my trust in You.

3 He Is My Deliverer

Psalm 91:3

God sees the dangers we recognise and the hidden traps we cannot see. The picture of the fowler's snare reminds us that some threats are concealed.

When we face unfair accusations, difficult circumstances or situations beyond our control, we can seek God's wisdom and entrust ourselves to His care.

Application: Bring your situation to God before allowing fear or anger to direct your response.

4 Constant Ongoing Protection

Psalm 91:4

The image of shelter beneath God's wings expresses tenderness, closeness and care. Like a bird protecting its young, God invites His people to find refuge in Him.

His faithfulness gives us a firm foundation when circumstances feel uncertain.

Application: Rest in God's care and let His truth guide your thoughts.

5 Protection from Danger

Psalm 91:5–6, 11–12

The psalm describes dangers that come by night and by day. Whatever form trouble takes, we are called to trust God rather than live under the control of fear.

Later verses describe God commanding His angels to guard His people. His care reaches beyond what we can see.

Trusting God also means receiving His wisdom and taking sensible precautions.

Application: Replace fearful speculation with prayer, wise action and confidence in God.

6 Missing the Target

Psalm 91:7–8

Even when trouble surrounds us, we can remain secure in our relationship with God. The scale of a threat does not diminish His power or faithfulness.

These verses encourage us to look beyond the turmoil around us and remember that God sees, judges and acts justly.

Application: Let God's faithfulness shape your outlook more than the circumstances around you.

7 Victory over the Enemy

Psalm 91:13

The lion and serpent represent threatening and destructive forces. The psalm presents a picture of overcoming them through God's enabling power.

For the believer, spiritual confidence rests in Christ's victory. We stand firm through faith, prayer and obedience to His Word.

Application: Face spiritual opposition with confidence in Christ.

8 The Name of Jesus

Psalm 91:14

God's promise of deliverance is connected with loving Him and knowing His name. Knowing God's name involves recognising His character and living in relationship with Him.

For Christians, this trust finds expression in Jesus Christ. We pray in His name and submit ourselves to His authority.

Application: Deepen your relationship with Jesus and let your actions reflect His character.

9 Know Who to Call

Psalm 91:15

God promises to answer those who call upon Him and to be with them in trouble.

His presence is central to this promise. When difficulties arise, we can turn to Him with honesty and confidence, trusting that He hears us.

Application: Make prayer your first response in times of trouble.

10 Long Life

Psalm 91:16

The psalm closes with a promise of long life, satisfaction and salvation. It directs our attention to the fullness of life found in God's care.

As Christians, our hope also reaches beyond this present life to eternal life in Jesus Christ. We can value each day, care for the life entrusted to us and face the future with hope.

Application: Live each day with gratitude, purpose and trust in God.

A Prayer of Trust

Heavenly Father, thank You for being my refuge and my strength. Teach me to dwell in Your presence, trust Your Word and call upon You in every circumstance. Give me wisdom when I face danger, courage when I feel afraid and peace when life is uncertain. Help me to walk faithfully with Jesus and rest in Your care. Amen.