



*NewLife*  
*Acts 5:20*

# Psalm 91

## Vs 1

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

Vs 2

I will say of the LORD, "He is  
my refuge and my fortress, my  
God, in whom I trust."

Vs 3

Surely He will save you from  
the fowler's snare and from the  
deadly pestilence.

# Fowler's snare (*a trap*)

- Something that traps you
- Something that will imprison you
- Something that will, perhaps, leave you alive but bound

# Deadly pestilence

*(an infectious disease that kills)*

- Something that is ingested
- Something that kills you
- Something that gets in and grows until it is strong enough to kill

The enemy's desire is two fold

#1

To trap you

#2

To kill you

## **What is that trap?**

What has the potential to chain us  
to the ground?

## **What is that pestilence?**

What has the potential of growing  
in us until it causes death?



What is the greatest hindrance  
to freedom?

What is the greatest hindrance  
to a healthy life?

a Lie

Lies slowly work their way in to  
our truth compartment and there  
become a powerful trap and a  
deadly pestilence

Lies like:

- I am stupid, no good, useless
- I am a genius, exceptional, incredible
- The world owes me
- It is about me
- I am beyond help
- They are beyond help
- I am not worth it
- They are not worth it

- I cannot change
- It just the way I am
- It is just the way things are
- I cannot do it
- God cannot do it
- Spiritual growth happens quickly

- All I need to do, is try harder
- It is not worth it
- Follow Jesus makes no different
- I am good the way I am
- God is going to do what God is going to do
- I can continue doing what I want and walk with God

When lies, like these, get in  
to our truth compartment and  
make calls in our life we are  
headed toward the trap and  
the pestilence

The only killer of a lie is truth



Luke 11:35

See to it, then, that the light  
within you is not darkness.

**I am stupid, no good, useless**

Psalm 139:14

I praise you because I am  
fearfully and wonderfully made;  
your works are wonderful, I  
know that full well.

1 John 3:1a

How great is the love the Father  
has lavished on us, that we  
should be called children of  
God! And that is what we are!

**I am a genius, exceptional,  
incredible**

John 15:5

I am the vine; you are the branches.  
If a man remains in me and I in him,  
he will bear much fruit; apart from  
me you can do nothing.

# **Spiritual growth happens quickly**

1 Timothy 4:8

Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next. (NLT)

**Stop trying and starting training**

# Following Jesus makes no difference

John 8:12

When Jesus spoke again to the people, He said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

Matthew 4:19

"Come, follow me," Jesus said, "and  
I will make you fishers of men."

# **I cannot do it**

Philippians 4:13

I can do everything through Him  
who gives me strength.

Psalm 18:37

I pursued my enemies and overtook  
them; I did not turn back till they  
were destroyed.



**God cannot \_\_\_\_\_**

Jeremiah 32:27

I am the LORD, the God of all  
mankind. Is anything too hard for  
me?

**I am beyond help**  
**They are beyond help**

Psalm 18:28-29

You, O LORD, keep my lamp  
burning; my God turns my darkness  
into light. With your help I can  
advance against a troop; with my  
God I can scale a wall.

**It is just the way things are**

1 Timothy 6:11

But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness.

# Righteousness

integrity, purity of life, right  
thinking, feeling, and acting

# Godliness

this intense relationship with God

# Faith

a strong conviction that Jesus is the  
Way, Truth, and Life

# Love

patient, kind, not rude, not self-  
seeking, not easily angered, keeps  
no record of wrongs.

*1 Corinthians 13:4-8*

Endurance

Steadfastness, commitment,  
determination

Gentleness

quiet, calm, kind

Luke 11:35

See to it, then, that the light  
within you is not darkness.