

**THE 10-DAY  
PSALMS 91  
CHALLENGE**

**SARAH A. ROGERS**

*The 10-Day Psalms Challenge*

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## Dedication

I dedicate this book to my dear husband, Walter, who has weathered many a storm with me. I love you, honey! God bless you!

*The birth pains are here, my friends. Let us not forget the ways He has led us! May we continue to claim His promises from now until the end. Maranatha!*



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# FOREWORD

There are moments in life when the world around us feels as though it is shaking.

Storms intensify. Fear increases. Uncertainty fills the headlines. Families carry hidden burdens. Hearts grow weary. And many quietly wonder: How do we find peace in times like these?

It is during seasons like this that books such as *The 10-Day Psalms 91 Challenge* become more than simply words on a page. They become invitations—gentle invitations to slow down, lift our eyes heavenward again, and remember that God has not abandoned His children.

Sarah Rogers writes with honesty, warmth, vulnerability, and practical faith. What I appreciate most about this book is that it is not written from a theoretical distance. It is written from within the realities of life itself—the struggles, the disappointments, the unexpected detours, the moments of fear, and the very real need to learn how to trust God in the middle of it all.

Throughout these pages, Sarah continually brings the reader back to one of the most beautiful and hope-filled chapters in all of Scripture: Psalm 91. In a world consumed with anxiety, fear, and constant noise, Psalm 91 reminds us that there is still a place of refuge. There is still a shelter. There is still a God who covers His children with His wings.

One of the things I especially appreciate about this book is its deeply practical nature. Sarah does not merely encourage readers to admire God's promises from a distance; she invites them to claim those promises personally. Day by day, challenge by challenge, she gently encourages readers to exercise faith in real and tangible ways.

And perhaps that is one of the greatest needs in Christianity today.

Many people know about God, yet few have learned how to truly rest in Him.

We live in a culture addicted to hurry, distraction, fear, outrage, and exhaustion. Even many sincere Christians are spiritually weary. We fill our minds with endless information while starving our hearts of quiet trust in God. Yet the invitation of Psalm 91 still remains:

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.”

What a promise.

As you journey through this 10-day challenge, my prayer is that you will discover something far greater than merely positive thinking or emotional inspiration. My prayer is that you will encounter the presence of Jesus in a fresh and personal way.

May these pages remind you that God is still faithful.

May they strengthen your confidence in His leading.

May they help you exchange fear for trust, panic for peace, and striving for surrender.

And may you discover for yourself that even in the darkest moments of earth’s history, the safest place in the universe is still in the hands of God.

Thank you, Sarah, for sharing your heart, your experiences, and your faith journey so openly. I believe this book will encourage many people to cling more tightly to the promises of God during the challenging days ahead.

May every reader who opens these pages come away with deeper faith, renewed courage, and a greater longing to dwell in “the shelter of the Most High.”

—Mike Lemon  
Speaker/Director  
It Is Written Canada

# PROLOGUE

What do we do when we face the worst times in Earth's history? Do we look to it with fear and loathing, or hope and anticipation? It is easy to focus on the problem and see nothing but the problem. But when we take a step back, we can see the Mighty Maker of Heaven and Earth holding the whole world in His hands. We have been told these things must come to pass, but know that we are not left alone; the Lord gave us a beautiful passage in Scripture that we can claim, starting today!

As you take the time to read, know that this book has many uses. It can be read personally, one-on-one, or in a small group. You can do the challenges daily or choose to complete them weekly. Whichever option is chosen, know that I am praying for you! Always know that He is faithful. Keep marching. Keep claiming. Be at peace.



# CHAPTER 1

# THE WALL OF TERROR

The night was dark and stormy. I woke up, nearly drenched in sweat. Though the evening air had been chilly when I went to bed, a steady swell of heat had pushed through our location. Our daughter scampered onto our bed, and I quickly realized that I wasn't the only uncomfortable one. I went to turn off the unbearable heat from the front of our motorhome, only to find that it had never been turned on.

Before going to bed, my husband had shown me a Doppler depiction of the wall of terror that was to plague the area: a full swath of storms was swiping the entirety of North America, like one large windshield wiper across the continent. We were both on a tornado watch and a freeze alert at the same time. Waking up feeling warm and muggy made me realize the seriousness of the weather. The stark contrast of these two weather systems was bringing intensity and danger to the situation.

That's when the Lord brought to my attention a verse from Scripture that embodied not only the situation we were facing, but also the remedy. There's immeasurable power when we start to claim God's promises! So I Googled the words to the Bible verse He had brought to my mind and found myself smack dab in the middle of Psalm 91. It completely changed my perspective—and my life.

Here's what the entirety of Psalm 91 says:

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness,

nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked. If you say, “The LORD is my refuge,” and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread on the lion and the cobra, you will trample the great lion and the serpent. “Because he loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honour him. With long life I will satisfy him and show him my salvation.”

These are some amazing promises; it is safe to say that the world is in a handbasket as we speak. What if we took these promises seriously? What if we chose to claim them one by one? I believe we would come out like David’s mighty men of old! No matter what battle we are facing, we will come out victorious.

As we go step-by-step through the many promises in this little book, I ask that you remember that these passages are not about judging others. Just because someone experiences a hardship in their life or even an illness, I am not claiming that they are part of the “wicked” that is mentioned in Psalm 91. There are many different situations and hardships we are permitted to go through as part of our refining process. Each situation is an opportunity to learn and grow. Even the children of Israel experienced some of the plagues! It was only to prepare them for what was to come.

When seemingly bad things have happened to me, God has taught me to say, “This is good!” because I trust in the One who has brought me to it and will bring me through it. Ultimately, He will receive the glory for any hardship I face! So be encouraged, and know that Jesus wants nothing more than your ultimate best. He wants to mold you and make you like Him. He wants to strengthen your faith and for you to reach up and grab His hand while He does it! This is not a floundering moment. You are not to be left alone and swept out to sea. Know that He is right there with you, encouraging you in the steps you are now taking.

So now that you have accepted this 10-Day Challenge, the first one is ready for you!

