

## Bad Days and Salvation

### Description

[RG AUDIO 081820](#)

Psalm 91:9-16

Has something ever gone wrong in your day and suddenly you find yourself convinced that everything in your life is just awful? There are just some moments when even the slightest hiccup in the day turns into some sort of a monstrous, everything-in-life-is-wrong kind of day. I call it rolling snowballs—it started out small, but by time it got to the end of the hill, it was a huge.

Psalm 91 offers us some words of comfort in those moments. What I love about this passage (and we see this throughout Scripture) is the promise that those overwhelming moments in life, when everything seems to be falling apart, those moments will not overtake us.

God is our refuge. When life seems so overwhelming and we fear that we might not make it out with any shred of sanity left, we are reminded that we are not alone. God promises to rescue us, to protect us, to be with us, and deliver us. Above all, we are reminded that God loves us and because God loves us, God will bring us to salvation.

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