14 instructions

*I will remain permanently in the secret place of the most High; I will continue to live under the defense of the almighty. I say of the LORD, His is my shelter and my strong place; my God in Him I trust.* He will snatch me away from the trap of the entangler, and from the plagues of the destroyer. He will cover me with His protection and *in Him I will be confident.* His truth shall be my stability and surrounding*. I will not fear adversity from the evil one in the day or nighttime. I will not be deceived and hidden from the light.* A thousand of these things will fall at my left and ten thousand at my right but they will not come near me. Only with my eyes from a distance will I see the reward of the wicked. *Because I have made the Lord my shelter, even the most High my retreat.* No calamity shall come near me. He gives his messengers command over me to keep me in all my mode of action. They lift me up in their hand lest I stumble in my journey. *I will tread upon the roar of the twisted one; I will trample under my feet the serpent. Because I cling to Him,* therefore He will make a way of escape for me and make me inaccessible *because I have made known His name and authority. I call upon Him* and He will answer me, He will be with me in trouble, He will deliver me and honor me and with long life He will satisfy me and allow me to experience His salvation.  
  
The parts in Red are our part! Red=action!