

## Psalm 144

Morning Prayer Tuesday Week 4

Evening Prayer Thursday Week 4

This is a prayer for the prosperity of God's people, and the protection of the king, God's servant (verse 10). The title reads: 'Of David.'

YHWH, my rock, my fortress, and my escape!  
My God, my rock in whom I take refuge.  
My shield, my horn of deliverance, my bulwark.

– Psalm 18:2

He trains my hands for war,  
and my arms to bend the heavy bow.

– Psalm 18:34

'Ally' translates the Hebrew *ḥesed*. YHWH is the one who has made a covenant with the king. The king feels safe from insurrection (see 2Samuel 22:44).

You have given me your saving shield.

– Psalm 18:35

God who subdued peoples under me.

– Psalm 18:47

**<sup>1</sup>Blessed\* be YHWH\*, my rock,  
who trains my hands for war,  
and my fingers for battle;**

**<sup>2</sup>my ally, my fortress,  
my stronghold, my deliverer,  
my shield, in whom I take  
refuge, who makes the people  
my subjects.**

On that day I will raise up the booth of David that is fallen, and repair its breaches, and raise up its ruins, and rebuild it as in the days of old.

– Amos 9:11

But you, O Bethlehem of Ephrathah, who are one of the little clans of Judah, from you shall come forth for me one who is to rule in Israel, whose origin is from of old, from ancient days.

– Micah 5:2

They shall be my people, and I will be their God. My servant David shall be king over them; and they shall all have one shepherd.

– Ezekiel 37:23-24

On that day YHWH will shield the inhabitants of Jerusalem so that the feeblest among them on that day shall be like David, and the house of David shall be like God, like the angel of YHWH, at their head.

– Zechariah 12:8

Prayer for God's help

**<sup>3</sup>YHWH, what are we human beings that you have regard for us, we who are subject to death that you think of us?**

**<sup>4</sup>We are like a breath; our days are like a passing shadow.**

**<sup>5</sup>Bend your heavens, YHWH, and come down; touch the mountains so that they smoke.**

**<sup>6</sup>Make the lightning flash and scatter them; send out your arrows and rout them.**

**<sup>7</sup>Stretch out your hand from on high; set me free and rescue me from the mighty waters, from the hand of foreigners,**

*<sup>8</sup>whose mouths speak lies, and whose right hands are false.*

What are we that you are mindful of us,  
mortal human beings, that you care for us?

– Psalm 8:4

We human beings last no longer than amere breath. I  
will pass away like a shadow.

– Psalm 39:5-6

Our years come to an end like a sigh.

– Psalm 90:9

My days are like a lengthening shadow;  
I wither away like grass.

– Psalm 102:11

A mortal human being, born of woman, few of days  
and full of trouble, comes up like a flower and with-  
ers, flees like a shadow and does not last.

– Job 14:1-2

Who knows what is good for mortal human beings  
while they live the few days of their vain life, which  
they pass like a shadow?

– Ecclesiastes 6:12

Our allotted time is the passing of a shadow.

– Wisdom 2:5

He tore open the heavens, and came down;  
a black cloud under his feet.

– Psalm 18:9

He touches the mountains and they smoke.

– Psalm 104:32

He shot his arrows, and scattered them,  
terrified by the crashing of the lightning.

– Psalm 18:14

You reached down from on high and seized me.  
You drew me out of the mighty waters.

– Psalm 18:16

Foreigners came cringing to me.

– Psalm 18:44

YHWH is bringing up against it the mighty flood  
waters of the River, the king of Assyria and all his  
glory; it will rise above all its channels and overflow  
all its banks; it will sweep on into Judah as a flood,  
and, pouring over, it will reach up to the neck.

– Isaiah 8:7-8

Their right hands are raised in oath, but their words  
are not to be trusted. Their right hand holds a sword  
that they turn against their king. This acts as a re-  
frain, recurring in verse 11.

Sing to him a new song; play skilfully on the strings.

– Psalm 33:3

You have given a great victory to your king,  
you show kindness to your anointed,  
to David and his descendants forever.

– Psalm 18:50

The horse is made ready for the day of battle, but  
the victory belongs to YHWH.

– Proverbs 21:31

A king is not helped by his great army; a warrior  
does not survive because of his great strength.  
The war horse is a vain hope for deliverance, it  
cannot save you by its great show of strength.

– Psalm 33:16-17

Give deliverance to the king, YHWH.

– Psalm 20:9

YHWH, the king rejoices in your power. How he  
celebrates the victory which you have gained!

– Psalm 21:1

This picks up verses 7-8.

**<sup>11</sup>Rescue me from the cruel  
sword, and deliver me from  
the hand of foreigners,  
*whose mouths speak lies, and  
whose right hands are false.***

**<sup>12</sup>May our sons in their youth be like plants full grown,  
our daughters like corner pillars, cut for the building of a palace.**

**<sup>13</sup>May our barns be filled, with produce of every kind;  
may our sheep increase by thousands,  
by tens of thousands in our fields,**

**<sup>14</sup>and may our cattle be heavy with young.  
May there be no breach in the passageways,  
and no cry of distress in our streets.**

**<sup>15</sup>Happy\* are the people to whom such blessings\* fall;  
happy\* are the people whose God is YHWH.**

Compare Leviticus 26:4-10 and Deuteronomy 28:3-8.

Happy is the nation whose God is YHWH,  
the people whom he has chosen as his own.

– Psalm 33:12

See the blessing of Ephesians 1 and Matthew 5