

The King and His People  
Psalm 144

**#1: The King's Battle and Victory (144:1-11)**

**A. An Exclamation of Praise (1-2)**

<sup>1</sup> Blessed be the LORD, my rock,  
who trains my hands for war,  
and my fingers for battle;  
<sup>2</sup> he is my steadfast love and my fortress,  
my stronghold and my deliverer,  
my shield and he in whom I take refuge,  
who subdues peoples under me.

**B. A Confession of Human Frailty (3-4)**

<sup>3</sup> O LORD, what is man that you regard him,  
or the son of man that you think of him?  
<sup>4</sup> Man is like a breath;  
his days are like a passing shadow.

**C. A Request for Rescue (5-8)**

<sup>5</sup> Bow your heavens, O LORD, and come down!  
Touch the mountains so that they smoke!  
<sup>6</sup> Flash forth the lightning and scatter them;  
send out your arrows and rout them!  
<sup>7</sup> Stretch out your hand from on high;  
rescue me and deliver me from the many waters,  
from the hand of foreigners,  
<sup>8</sup> whose mouths speak lies  
and whose right hand is a right hand of falsehood.

**D. A Vow of Thanksgiving (9-10)**

<sup>9</sup> I will sing a new song to you, O God;  
upon a ten-stringed harp I will play to you,  
<sup>10</sup> who gives victory to kings,  
who rescues David his servant from the cruel sword.

**E. Another Request for Rescue (11)**

<sup>11</sup> Rescue me and deliver me  
from the hand of foreigners,  
whose mouths speak lies  
and whose right hand is a right hand of falsehood.

**2 Timothy 4**

<sup>16</sup> At my first defense no one came to stand by me, but all deserted me. May it not be charged against them!  
<sup>17</sup> But the Lord stood by me and strengthened me, so that through me the message might be fully proclaimed and all the Gentiles might hear it. So I was rescued from the lion's mouth. <sup>18</sup> The Lord will rescue me from every evil deed and bring me safely into his heavenly kingdom. To him be the glory forever and ever. Amen.

**#2: The Blessings that Come to the King's People (144:12-15)**

<sup>12</sup> May our sons in their youth  
be like plants full grown,  
our daughters like corner pillars  
cut for the structure of a palace;  
<sup>13</sup> may our granaries be full,  
providing all kinds of produce;  
may our sheep bring forth thousands  
and ten thousands in our fields;  
<sup>14</sup> may our cattle be heavy with young,  
suffering no mishap or failure in bearing;  
may there be no cry of distress in our streets!  
<sup>15</sup> Blessed are the people to whom such blessings fall!  
Blessed are the people whose God is the LORD!