

Psalm 144

JPS [\[Online\]](#)

Blessed Be the LORD, My Rock

- 1**[A Psalm] of David. Blessed be the LORD my Rock, Who traineth my hands for war, And my fingers for battle;
- 2**My lovingkindness, and my fortress, My high tower, and my deliverer; My shield, and He in whom I take refuge; Who subdueth my people under me.
- 3**LORD, what is man, that Thou takest knowledge of him? Or the son of man, that Thou makest account of him?
- 4**Man is like unto a breath; His days are as a shadow that passeth away.
- 5**O LORD, bow Thy heavens, and come down; Touch the mountains, that they may smoke.
- 6**Cast forth lightning, and scatter them; Send out Thine arrows, and discomfit them.
- 7**Stretch forth Thy hands from on high; Rescue me, and deliver me out of many waters, Out of the hand of strangers;
- 8**Whose mouth speaketh falsehood, And their right hand is a right hand of lying.
- 9**O God, I will sing a new song unto Thee, Upon a psaltery of ten strings will I sing praises unto Thee;
- 10**Who givest salvation unto kings, Who rescuest David Thy servant from the hurtful sword.
- 11**Rescue me, and deliver me out of the hand of strangers, Whose mouth speaketh falsehood, And their right hand is a right hand of lying.
- 12**We whose sons are as plants grown up in their youth; Whose daughters are as corner-pillars carved after the fashion of a palace;
- 13**Whose garners are full, affording all manner of store; Whose sheep increase by thousands and ten thousands in our fields;
- 14**Whose oxen are well laden; With no breach, and no going forth, And no outcry in our broad places;
- 15**Happy is the people that is in such a case. Yea, happy is the people whose God is the LORD.