

“Happy *are* the people whose God *is* the LORD!”

Psalm 144 (NKJV)

A Psalm of David.

- 1 Blessed *be* the LORD my Rock, Who trains my hands for war,
And my fingers for battle—
- 2 My lovingkindness and my fortress,
My high tower and my deliverer,
My shield and *the One* in whom I take refuge,
Who subdues my people under me.
- 3 LORD, what *is* man, that You take knowledge of him?
Or the son of man, that You are mindful of him?
- 4 Man is like a breath;
His days *are* like a passing shadow.
- 5 Bow down Your heavens, O LORD, and come down;
Touch the mountains, and they shall smoke.
- 6 Flash forth lightning and scatter them;
Shoot out Your arrows and destroy them.
- 7 Stretch out Your hand from above;
Rescue me and deliver me out of great waters,
From the hand of foreigners,
- 8 Whose mouth speaks lying words,
And whose right hand *is* a right hand of falsehood.
- 9 I will sing a new song to You, O God;
On a harp of ten strings I will sing praises to You,
- 10 *The One* who gives salvation to kings,
Who delivers David His servant
From the deadly sword.
- 11 Rescue me and deliver me from the hand of foreigners,
Whose mouth speaks lying words,
And whose right hand *is* a right hand of falsehood—
- 12 That our sons *may be* as plants grown up in their youth;
That our daughters *may be* as pillars,
Sculptured in palace style;

- 13 *That our barns may be full,*
 Supplying all kinds of produce;
That our sheep may bring forth thousands
 And ten thousands in our fields;
- 14 *That our oxen may be well laden;*
That there be no breaking in or going out;
That there be no outcry in our streets.
- 15 Happy *are* the people who are in such a state;
 Happy *are* the people whose God *is* the LORD!

Here we have another Psalm about Happiness / Blessedness –

I. What God did for David, what He does for us -

A Psalm of David. ¹ Blessed be the LORD my Rock, Who trains my hands for war, And my fingers for battle— ² My lovingkindness and my fortress, My high tower and my deliverer, My shield and *the One* in whom I take refuge, Who subdues my people under me. Psalm 144:1-2 (NKJV)

1. *The Psalm is identified as many are as A Psalm of David.*
2. *David desires here to bless / praise God*
 - A. *For training him for battle – how did the LORD do this?*

³⁴ But David said to Saul, “Your servant used to keep his father’s sheep, and when a lion or a bear came and took a lamb out of the flock, ³⁵ I went out after it and struck it, and delivered *the lamb* from its mouth; and when it arose against me, I caught *it* by its beard, and struck and killed it. ³⁶ Your servant has killed both lion and bear; and this uncircumcised Philistine will be like one of them, seeing he has defied the armies of the living God.” ³⁷ Moreover David said, “The LORD, who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine.” And Saul said to David, “Go, and the LORD be with you!” 1 Samuel 17:34–37 (NKJV)

*Verse 1.—“The LORD my strength,” etc. Agamemnon says to Achilles—
 If thou hast strength, ’twas heaven that strength bestowed;
 For know, vain man! thy valor is from God.*

Homer.

B. For love and protection, it was not David's trained hands alone that saved him, but his relationship with the Living God – see verse :2 above↑

God is his “lovingkindness”

3. If we are God's He trains and takes care of us as well –

¹⁰ But He knows the way that I take; *When He has tested me, I shall come forth as gold.* Job 23:10 (NKJV)

²⁸ And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose. Romans 8:28 (NKJV)

¹⁰ For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. Ephesians 2:10 (NKJV)

4. We have a different kind of battle, but the same need for God's help, training ... –

¹⁰ Finally, my brethren, be strong in the Lord and in the power of His might. ¹¹ Put on the whole armor of God, that you may be able to stand against the wiles of the devil. ¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*. ¹³ Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Ephesians 6:10–13 (NKJV)

Who has a greater combat than he that labors to overcome himself? Thomas 'A Kempis

II. David is amazed God takes notice of him, as we all should be ...

³ LORD, what *is* man, that You take knowledge of him? Or the son of man, that You are mindful of him? ⁴ Man is like a breath; His days are like a passing shadow. Psalm 144:3-4 (NKJV)

John Newton author of Amazing Grace also wrote -

Verse 3.—“LORD, what is man,” etc.
Now what is man, when grace reveals
The virtues of a Saviour’s blood?
Again a life divine he feels,
Despises earth, and walks with God.
And what in yonder realms above,
Is ransomed man ordained to be?
With honour, holiness, and love,
No seraph more adorned than he.
Nearest the throne, and first in song,
Man shall his hallelujahs raise,
While wondering angels round him throng,
And swell the chorus of his praise.
John Newton, in Olney Hymns.

III. Yet, knowing God does take notice, David PRAYS —
⁵ Bow down Your heavens, O LORD, and come down; Touch the mountains, and they shall smoke. ⁶ Flash forth lightning and scatter them; Shoot out Your arrows and destroy them. ⁷ Stretch out Your hand from above; Rescue me and deliver me out of great waters, From the hand of foreigners, ⁸ Whose mouth speaks lying words, And whose right hand is a right hand of falsehood. Psalm 144:5-8 (NKJV)

Verse 5.—“Bow thy heavens, O LORD, and come down,” etc. This was never so remarkably fulfilled as in the incarnation of Jesus Christ, when heaven and earth were, as it were, brought together. Heaven itself was, as it were, made to bow that it might be united to the earth. God did, as it were, come down and bring heaven with him. He not only came down to the earth, but he brought heaven down with him to men and for men. It was a most strange and wonderful thing. But this will be more remarkably fulfilled still by Christ’s second coming, when he will indeed bring all heaven down with him—viz., all the inhabitants of heaven. Heaven shall be left empty of its inhabitants to come down to the earth; and then the mountains shall smoke, and shall indeed flow down at his presence, as in Isa.

64:1.—Jonathan Edwards.

1. *God bows, condescends to us*

2. *Reaches down to us –*

What a fellowship, what a joy divine,
Leaning on the everlasting arms!
What a blessedness, what a peace is mine,
Leaning on the everlasting arms!

Elisha Hoffman

3. *Fights for us – shoot out Your arrows and destroy them. Psalm 144:6*

4. *Even against wicked deceivers –*

Verse 8.—“Their right hand is a right hand of falsehood.” The pledge of the right hand, which used to be a witness of good faith, was violated by treachery and wickedness.—*Cicero. Philip. xi. c. 2.*

IV. And he praises –

⁹ I will sing a new song to You, O God; On a harp of ten strings I will sing praises to You, ¹⁰ The One who gives salvation to kings, Who delivers David His servant From the deadly sword. Psalm 144:9-10 (NKJV)

1. *David was multi-talented; he was trained for war and he was able to play and sing!*

2. *He used all his abilities for God!*

3. *Consider the other kings in Israel, how many were like David?*

V. *And he PRAYS again, rejoicing in God's care –*

¹¹ Rescue me and deliver me from the hand of foreigners, Whose mouth speaks lying words, And whose right hand *is* a right hand of falsehood— ¹² That our sons *may be* as plants grown up in their youth; *That* our daughters *may be* as pillars, Sculptured in palace style; ¹³ *That* our barns *may be* full, Supplying all kinds of produce; *That* our sheep may bring forth Thousands And ten thousands in our fields; ¹⁴ *That* our oxen *may be* well laden; *That there be* no breaking in or going out; *That there be* no outcry in our streets. ¹⁵ Happy are the people who are in such a state; Happy are the people whose God *is* the LORD! Psalm 144:11-15 (NKJV)

1. Note the repeated prayer for deliverance from foreigners, liars ...
2. Prayers here are for young people, often the targets of liars
3. Prayers are for prosperity
4. Prayers are HAPPY –

³ I thank my God upon every remembrance of you, ⁴ always in every prayer of mine making request for you all with joy, ⁵ for your fellowship in the gospel from the first day until now, ⁶ being confident of this very thing, that He who has begun a good work in you will complete *it* until the day of Jesus Christ; Philippians 1:3–6 (NKJV)

⁴ Rejoice in the Lord always. Again I will say, rejoice!

⁵ Let your gentleness be known to all men. The Lord *is* at hand.

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

⁸ Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. ⁹ The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you. Philippians 4:4–9 (NKJV)

In the midst of battle, we pray and rejoice –

David –

⁵ You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. ⁶ Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever. Psalm 23:5–6 (NKJV)

Paul –

²² Then the multitude rose up together against them; and the magistrates tore off their clothes and commanded *them* to be beaten with rods. ²³ And when they had laid many stripes on them, they threw *them* into prison, commanding the jailer to keep them securely. ²⁴ Having received such a charge, he put them into the inner prison and fastened their feet in the stocks.

²⁵ But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. ²⁶ Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were loosed. ²⁷ And the keeper of the prison, awaking from sleep and seeing the prison doors open, supposing the prisoners had fled, drew his sword and was about to kill himself. ²⁸ But Paul called with a loud voice, saying, "Do yourself no harm, for we are all here."

²⁹ Then he called for a light, ran in, and fell down trembling before Paul and Silas. ³⁰ And he brought them out and said, "Sirs, what must I do to be saved?"

³¹ So they said, "Believe on the Lord Jesus Christ, and you will be saved, you and your household." ³² Then they spoke the word of the Lord to him and to all who were in his house. ³³ And he took them the same hour of the night and washed *their* stripes. And immediately he and all his family were baptized. ³⁴ Now when he had brought them into his house, he set food before them; and he rejoiced, having believed in God with all his household.

Acts 16:22–34 (NKJV)

Arnold A. Brevick