

Psalm 144 - A Song for God's Provision

Psalm 144

[A Psalm of David.]

Our Ultimate Defense

1 Blessed be the LORD, my rock, Who trains my hands for war, *And* my fingers for battle;

1 Blessed be the LORD, my rock, Who trains my hands for war, *And* my fingers for battle;

1 Blessed be the LORD, my rock, who trains my hands for battle and my fingers for warfare,

1 Blessed be the LORD my strength, which teacheth my hands to war, and my fingers to fight:

2 My faithfulness and my fortress, My stronghold and my savior, My shield and He in whom I take refuge, Who subdues my people under me.

2 My lovingkindness and my fortress, My stronghold and my deliverer, My shield and He in whom I take refuge, Who subdues my people under me.

2 he is my gracious love and my fortress, my strong tower and my deliverer, my shield and the one in whom I find refuge, who subdues nations under me.

2 My goodness, and my fortress; my high tower, and my deliverer; my shield, and he in whom I trust; who subdueth my people under me.

3 LORD, what is man, that You look after him? Or a son of man, that You think of him?

3 O LORD, what is man, that You take knowledge of him? Or the son of man, that You think of him?

3 LORD, what are human beings, that you should care about them, or mortal man, that you should think about him?

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 the breath; His days are like a passing shadow.

4 Man is like a mere breath; His days are like a passing shadow.

4 The human person is a mere empty breath; his days are like a fading shadow.

4 Man is like to vanity: his days are as a shadow that passeth away.

5 Bend down Your heavens, LORD, and come down; Touch the mountains, that they may smoke.

5 Bow Your heavens, O LORD, and come down; Touch the mountains, that they may smoke.

5 Bow your heavens, LORD, and descend; touch the mountains, and they will smolder.

5 Bow thy heavens, O LORD, and come down: touch the mountains, and they shall smoke.

6 Flash forth lightning and scatter them; Send out Your arrows and confuse them.

6 Flash forth lightning and scatter them; Send out Your arrows and confuse them.

6 Send forth lightning and scatter the enemy, shoot your arrows and confuse them.

6 Cast forth lightning, and scatter them: shoot out thine arrows, and destroy them.

7 Reach out with Your hand from on high; Rescue me and save me from great waters, From the hand of foreigners

7 Stretch forth Your hand from on high; Rescue me and deliver me out of great waters, Out of the hand of aliens

7 Reach down your hand from your high place; rescue me and deliver me from mighty waters, from the control of foreigners.

7 Send thine hand from above; rid me, and deliver me out of great waters, from the hand of strange children;

8 Whose mouths speak deceit, And whose right hand is a right hand of falsehood.

8 Whose mouths speak deceit, And whose right hand is a right hand of falsehood.

8 Their mouths speak lies, and their right hand deceives,

8 Whose mouth speaketh vanity, and their right hand is a right hand of falsehood.

9 God, I will sing a new song to You; On a harp of ten strings I will sing praises to You,

9 I will sing a new song to You, O God; Upon a harp of ten strings I will sing praises to You,

9 God, I will sing a new song to you. On a harp of ten strings I will play to you—

9 I will sing a new song unto thee, O God: upon a psaltery and an instrument of ten strings will I sing praises unto thee

10 Who gives salvation to kings, Who rescues His servant David from the evil sword.

10 Who gives salvation to kings, Who rescues David His servant from the evil sword.

10 to you who gives victory to kings, rescuing his servant David from cruel swords.

10 It is he that giveth salvation unto kings: who delivereth David his servant from the hurtful sword.

11 Rescue me and save me from the hand of foreigners, Whose mouth speaks deceit And whose right hand is a right hand of falsehood.

11 Rescue me and deliver me out of the hand of aliens, Whose mouth speaks deceit And whose right hand is a right hand of falsehood.

11 Rescue me and deliver me from the control of foreigners, whose mouths speak lies, and whose right hand deceives.

11 Rid me, and deliver me from the hand of strange children, whose mouth speaketh vanity, and their right hand is a right hand of falsehood:

12 When our sons in their youth *are* like growing plants, And our daughters like corner pillars fashioned for a palace,

12 Let our sons in their youth be as grown-up plants, And our daughters as corner pillars fashioned as for a palace;

12 May our sons in their youth be like full-grown plants, and our daughters like pillars destined to decorate a palace.

12 That our sons may be as plants grown up in their youth; that our daughters may be as corner stones, polished after the similitude of a palace:

13 Our granaries *are* full, providing every kind of *produce*, And our flocks deliver thousands and ten thousands in our fields;

13 Let our garners be full, furnishing every kind of produce, And our flocks bring forth thousands and ten thousands in our fields;

13 May our granaries be filled, storing produce in abundance; may our sheep bring forth thousands, even tens of thousands in our fields.

13 That our garners may be full, affording all manner of store: that our sheep may bring forth thousands and ten thousands in our streets:

14 *May* our cattle be bred Without mishap and without loss, *May there be* no outcry in our streets!

14 Let our cattle bear Without mishap and without loss, *Let there be* no outcry in our streets!

14 May our cattle grow heavy with young, with no damage or loss. May there be no cry of anguish in our streets!

14 That our oxen may be strong to labour; that there be no breaking in, nor going out; that there be no complaining in our streets.

15 Blessed are the people who are so situated; Blessed are the people whose God is the LORD!

15 How blessed are the people who are so situated; How blessed are the people whose God is the LORD!

15 Happy are the people to whom these things come; happy are the people whose God is the LORD.

15 Happy is that people, that is in such a case: yea, happy is that people, whose God is the LORD.