

Psalm 144  
B.L.E.S.S.  
Study Guide

1. Read Psalm 144:1-4.

What does it mean to you, that God is your "rock", your absolute construct? Describe his attributes in your own personal words through David's five-fold explanation:

1. "my steadfast love"- (Hasd-i) – loyal love
2. "my fortress" (*Umesudat-i*)- fastness of me; amid large-scale attack.
3. "my stronghold"-(*misgab-i*)- impenetrable tower; lifted above.
4. "my deliverer"- (*umepalt-i*)- escape
5. "my shield"- (*magin-i*) Shield of faith

2. Read Psalm 144:2b again.

What is the one thing David did that Saul didn't do?

What are some of things people take "refuge" in today? Discuss the way to course-correct in our "refuge"-taking:

Repent- Name the things you take refuge in and agree that it's wrong.

Remind- Think about God's character and His promises.

Resource- Get the necessary support around you (God's word, the Body of Christ, Prayer).

3. Read Psalm 144:5-8.

Notice how powerful this "rock" is to us. He did come down in His first coming, and He will come again at His second coming. In the meantime, give an example of a time when you saw God personally and powerful intervene on your behalf.

4. Read Psalm 144:9-15.

The "sing a new song" (action step) and the "10-stringed harp" (reflects the 10 commandments in the Hebrew context) can be restated:

*I will implement action steps to follow God as an act of worship.*

What does that look like for you? What is God calling you to do as you consider the battle?

5. Read Psalm 144:12-15

This is the blessing. What could that mean in our culture today? How has God blessed you? Share some of the blessings.

#### Application

Take a few minutes to pray quietly and confess times when you have made other things your refuge. Ask God for each other to come to your aid in spiritual battles.

Psalm 144  
Message Slides

Psalm 1- Blessed = Tree (agriculture).

Psalm 144- Blessed = Captain (warfare).

Psalm 144:15b "Blessed are the people whose God is the LORD."

Jesus- Ultimate warrior/king

Hebrews 2:10- "...captain of our salvation!"

*Archegos (Gr.)*- chief leader; takes the lead; author/perfector.

### I. My Personal Captain (v. 1-2a)

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...

"my rock" - (*Tsur-i*): my personal & absolute construct.

1 Samuel 17:35b "... I caught him by his beard and struck him and killed him."

1 Sam. 17:37a And David said, "The Lord who delivered me from the paw of the lion and the bear will deliver me from the hand of the Philistine."

'My rock' (5x)- my personal and absolute construct.

<sup>2</sup> he is my steadfast love and my fortress, my stronghold and my deliverer, my shield

1. "My steadfast love" - (*Hasd-i*) – loyal love

1 John 2:1b-2a

But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. <sup>2</sup> He is the propitiation for our sins,

Advocate- called to one's aid.

Propitiation- An offering to appease the wrath of God.

'My rock' (5x)- my personal and absolute construct.

2. "My fortress" (*Umesudat-i*)- fastness of me; amid large-scale attack.

'My rock' (5x)- my personal and absolute construct.

3. "My stronghold" - (*misgab-i*)- impenetrable tower; lifted above- advantage.

'My rock' (5x)- my personal and absolute construct.

4. "My deliverer" - (*umepalt-i*)- escape

1 Cor. 10:13- "God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to stand up under it."

'My rock' (5x)- my personal and absolute construct.

5. My shield- (*magin-i*) Shield of faith

1 John 5:4-5

"For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith... the one who believes that Jesus is the Son of God."

What about people who don't make it, like Saul?

v. 10 "... who gives victory to kings..."

## II. To Whom I Go (v. 2b-4)

"...and he in whom I take refuge, who subdues peoples under me."

## II. To Whom I Go (v. 2b-4 *continued*)

<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.

## III. My Powerful Captain (v. 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.

## Zechariah 14:4

On that day his feet shall stand on the Mount of Olives that lies before Jerusalem on the east, and the Mount of Olives shall be split in two from east to west by a very wide valley, so that one half of the Mount shall move northward, and the other half southward.

## IV. Whom I Worship (v. 9-11)

<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.

<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.

## V. My Captain of Blessing (v. 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!