PSALM

144

CXLIV

Royal Song

Psalms of David · Book V · Royal Psalms

"By David."

PICTURE WORD

Ten Strings

IN ONE SENTENCE

The LORD my rock trains me for battle and saves his king, so I sing a new song and long for blessing.

Remember it: One forty-four: man is a breath, but my rock plays a ten-string song.

MEMORY VERSE

I will sing a new song to you, God. On a ten-stringed lyre, I will sing praises to you.

Psalm 144:9 · World English Bible

HEBREW WORD

צוּרִי

"my rock" · verse 1

In the Psalms: 26 times, in 19 psalms

צוּרִי means "my rock," a great cliff or boulder that does not move. Moses calls the LORD "the Rock" in Deuteronomy 32. David opens with this title and then admits that man is only a breath and a shadow: the frail one stands on the unmoving one.

HOW THE PSALM MOVES

1–4	Blessed be my rock; yet man is a passing breath
5–8	Come down and rescue me from deceitful foreigners
9–11	A new song to the God who rescues David
12–15	Hope for thriving children, full barns, and peace

MY NOTES

Listen. Hear Psalm 144 sung in the **Psalm Song** app, or free at **ispress.de/psalms/144**.

Cantillated. Sung: chanted back and forth between a leader and the people.

The King & the Messiah · Refuge in Trouble · Praise & Thanksgiving

FILL IN THE BLANKS

The LORD my _____ trains me for _____ and saves his king, so I sing a _____ song and long for blessing.

CHECK YOURSELF

1. Man is compared to...

(A) a cedar
(B) a mountain
(C) a breath
(D) a river

2. On what instrument will the psalmist sing praises?

(A) A trumpet
(B) A tambourine
(C) A flute
(D) A ten-stringed lyre

3. The daughters are compared to...

(A) pillars carved to adorn a palace
(B) olive shoots
(C) lilies of the field
(D) morning stars

TALK IT OVER

1. What titles does David give the LORD in verses 1-2?

2. How do verses 3-4 make God's care for us more amazing?

3. What picture of a blessed community in verses 12-15 do you long to see?

IN YOUR OWN WORDS: WHAT DOES PSALM 144 TEACH?

☐ I listened to the song
☐ I can say what it teaches
☐ I can say verse 9 by heart
☐ I know the picture word

Answers Blanks: rock · battle · new · Check yourself: 1. C (v. 4) · 2. D (v. 9) · 3. A (v. 12)