



11/18/25

*Psalm 144 ~*

*This Psalm was written by David, a descendant of Seth. David was called "a man after God's own heart" (1 Samuel 13:14, Acts 13:22). He followed God and was obedient to Him, and he also messed up BADLY and was genuinely repentant. That's what God desires from us... not perfection, but trust and repentance.*

*This psalm that David wrote was focused on trusting God with real, physical enemies... and depending on God for real, physical blessings. But through Jesus, I see that I have a much more severe threat from the cosmic powers of this dark world, and I have a much deeper need than physical blessings... I need His eternal, spiritual blessings. And He is able to handle them all... both the physical and the spiritual. My job is to trust Him and depend on Him with all my heart, mind, soul, and strength. So... I will look at this psalm through a spiritual, eternal lens... knowing that His spiritual, eternal strength and blessing is what I need more than anything.*

*Vs. 1-2 ~ Blessed be the Lord Yahweh... the one who is personally invested in my life and is my Rock, my safety and strength. He trains me... He teaches me... so that my hands are ready for war and my fingers are ready for hand-to-hand combat because I live in a broken world where there is no peace. Jesus said in John 16:33, "In ME you have peace. In this world you have trouble. But take heart. I have overcome the world." I need to understand that this world IS a war. It is not my home, and it is not my promised land. AND I need to understand that the One who holds me and loves me is more powerful than the evil of this broken world. He has all power and all wisdom... so His training is the absolute best training. I not only do not need to train myself or handle things in my own strength, but I CAN'T. I'm not strong enough or wise enough. But God is!*

*He is my "Chesed", my steadfast, covenant loyalty love who will not abandon me. Love does not abandon. He is my fortress, my defense. He is my stronghold, my high tower. He is my deliverer, my rescue. He is my shield, my rescue from the up close and personal attacks. He is the one in whom I take refuge, the place I go for shelter and safety. He is the one who subdues, who treads down, who conquers the enemy under me.*

*Do I believe this? When the enemy comes, is this my praise? O Lord, I have often thought that YOU were against me when the enemy attacks. I have wondered if You abandoned me or ignored me. But that is NOT what Your word says! How often have I missed out on Your protection because I wouldn't take refuge in You and tried to handle things in my own strength? How often have I treated You as though You were not my...*

- Steadfast love, but that You were steadfastly against me?*
- That You were not my fortress, but that You left me in a pile of rubble?*
- That You were not my stronghold and deliverer, but that You had abandoned me?*
- That You were not my shield, but that You were even attacking me?*

*And all along, the problem was not You. It was me refusing to take refuge in You... while You waited and called me to "Come, all who are weary and burdened, and I will give you rest" (Matthew 11:28). Your patience and mercy astound me.*

*Vs. 3-4 ~ When I look at who You really are and who I am, I see that Your majesty and glory are like the depths of the ocean and the majesty and strength of the tallest mountains... and mine are like a little drop of rain and a piece of dust. Who am I, that You would even take notice of me, let alone esteem me and consider me? I'm just a breath! And yet You do care! You even hear my prayers! You allow me to pray boldly and with confidence that You will answer! You astound me.*

*Vs. 5-8 ~ This is why I can boldly ask You to "bow Your heavens, O LORD Yahweh, and come down! Touch the mountains so that they smoke! Bring the lightning and send out Your arrows to deliver me!" Lord, stretch out Your hands to rescue me and deliver me from the enemy... and from people used by him to speak lies about me.*

*The fact is, You say in Psalm 46 that You are my "refuge and strength, a VERY PRESENT help IN trouble." If there is no trouble, I have no need of rescue. But there IS trouble because of the sinful choices of man. The enemy will only attack where he finds me to be weak. He's not afraid of me. But he IS afraid of You.*

*In John 17, when Jesus prayed His final prayer before He gave Himself to cover the debt I owed for my sin, He prayed to the Father, "I do not ask that You take them out of the world, but that You keep them from the evil one." I am in this broken world until the Lord takes me home, and the enemy will continue to attack, but the Lord will continue to guard and protect me from his attacks. I just need to stay close to Jesus, to hold fast to Him.*

*Vs. 9-11 ~ I WILL sing a new song to the Lord, because He always gives me new reasons to sing. He continues to give me new victories in each new battle every single day. He continues to train me and grow me. He continues to rescue me from attacks and lies.*

*I sing a song of gratitude because I was not strong enough to win the battle. I was not worthy*

*enough for God to fight my battle. I was not significant enough for Him to care. But He doesn't look at me that way. He loves me because He loves me. He doesn't wait for me to EARN His love... that isn't love. He freely gives it. Did I wait for my babies to earn my love before I would care for them? No way! And I'm a sinful human! He's my perfect Father. So I sing to Him in gratitude.*

*Vs. 12-14 ~ I will pray these requests from the eternal perspective rather than the physical. What would it matter if God gave me all the things in this list of requests if I did not have eternal life?*

*So Lord...*

- I praise You that my daughters and their husbands know You as Lord and Savior. And I pray that my grandsons will "in their youth be like plants full grown." I pray that they will know You from a young age and not just be saved but be totally surrendered to You and mature in their faith even in their youth. And I pray that my granddaughters will be "like corner pillars cut for the structure of a palace." Let them be so strong in You, the Cornerstone. Let them have the beauty and strength required for a palace... the strength that will not let them be moved from their loyalty to You and dependence on You as their foundation... and the imperishable beauty of a gentle and quiet spirit, completely devoted to You... with their whole focus being on pleasing You.*
- Please provide for us the spiritual food from Your word that we need to stand strong in You and continue to hold fast to You. Be our spiritual milk and our spiritual meat that nourishes us so that we're strong and healthy in our faith.*
- No matter what is going on around us, let us hand our distress to You and find our peace in You.*

*I am confident because of Your promises, that these prayers will be answered, and that I will enjoy both the physical and spiritual fulfillment of these prayers in my new home with You forever and ever. To YOU be the glory!*

*Vs. 15 ~ "Blessed are the people to whom such blessings fall! Blessed are the people whose God is the Lord!" Who receives these blessings? Is it "God helps those who help themselves"? No. That's not in the Bible! Is it "God blesses those who never fail"? No. "For ALL have sinned and fall short of the glory of God" (Romans 3:23). Then who? "God blesses those whose God is the LORD... Yahweh." God blesses those who trust Him, who take refuge in Him, who bow to Him as the One with all the authority, power, wisdom, and love. That's what He asks of me... to open my eyes, look up, see Him, and call on Him as my LORD. That is something to sing about.*