**Psalm 144-146**

Psalm 144

**Of David.**

**1**Praise be to the Lord my Rock,  
    who trains my hands for war,  
    my fingers for battle.  
**2**He is my loving God and my fortress,  
    my stronghold and my deliverer,  
my shield, in whom I take refuge,  
    who subdues peoples under me.

**3**Lord, what are human beings that you care for them,  
    mere mortals that you think of them?  
**4**They are like a breath;  
    their days are like a fleeting shadow.

**5**Part your heavens, Lord, and come down;  
    touch the mountains, so that they smoke.  
**6**Send forth lightning and scatter the enemy;  
    shoot your arrows and rout them.  
**7**Reach down your hand from on high;  
    deliver me and rescue me  
from the mighty waters,  
    from the hands of foreigners  
**8**whose mouths are full of lies,  
    whose right hands are deceitful.

**9**I will sing a new song to you, my God;  
    on the ten-stringed lyre I will make music to you,  
**10**to the One who gives victory to kings,  
    who delivers his servant David.

From the deadly sword **11**deliver me;  
    rescue me from the hands of foreigners  
whose mouths are full of lies,  
    whose right hands are deceitful.

**12**Then our sons in their youth  
    will be like well-nurtured plants,  
and our daughters will be like pillars  
    carved to adorn a palace.  
**13**Our barns will be filled  
    with every kind of provision.  
Our sheep will increase by thousands,  
    by tens of thousands in our fields;  
**14**    our oxen will draw heavy loads.   
There will be no breaching of walls,  
    no going into captivity,  
    no cry of distress in our streets.  
**15**Blessed is the people of whom this is true;  
    blessed is the people whose God is the Lord.

Psalm 145

**A psalm of praise. Of David.**

**1**I will exalt you, my God the King;  
    I will praise your name for ever and ever.  
**2**Every day I will praise you  
    and extol your name for ever and ever.

**3**Great is the Lord and most worthy of praise;  
    his greatness no one can fathom.  
**4**One generation commends your works to another;  
    they tell of your mighty acts.  
**5**They speak of the glorious splendor of your majesty -   
    and I will meditate on your wonderful works.   
**6**They tell of the power of your awesome works -   
    and I will proclaim your great deeds.  
**7**They celebrate your abundant goodness  
    and joyfully sing of your righteousness.

**8**The Lord is gracious and compassionate,  
    slow to anger and rich in love.

**9**The Lord is good to all;  
    he has compassion on all he has made.  
**10**All your works praise you, Lord;  
    your faithful people extol you.  
**11**They tell of the glory of your kingdom  
    and speak of your might,  
**12**so that all people may know of your mighty acts  
    and the glorious splendor of your kingdom.  
**13**Your kingdom is an everlasting kingdom,  
    and your dominion endures through all generations.

The Lord is trustworthy in all he promises  
    and faithful in all he does.   
**14**The Lord upholds all who fall  
    and lifts up all who are bowed down.  
**15**The eyes of all look to you,  
    and you give them their food at the proper time.  
**16**You open your hand  
    and satisfy the desires of every living thing.

**17**The Lord is righteous in all his ways  
    and faithful in all he does.  
**18**The Lord is near to all who call on him,  
    to all who call on him in truth.  
**19**He fulfills the desires of those who fear him;  
    he hears their cry and saves them.  
**20**The Lord watches over all who love him,  
    but all the wicked he will destroy.

**21**My mouth will speak in praise of the Lord.  
    Let every creature praise his holy name  
    for ever and ever.

Psalm 146

**1**Praise the Lord.

Praise the Lord, my soul.

**2**I will praise the Lord all my life;  
    I will sing praise to my God as long as I live.  
**3**Do not put your trust in princes,  
    in human beings, who cannot save.  
**4**When their spirit departs, they return to the ground;  
    on that very day their plans come to nothing.  
**5**Blessed are those whose help is the God of Jacob,  
    whose hope is in the Lord their God.

**6**He is the Maker of heaven and earth,  
    the sea, and everything in them -   
    he remains faithful forever.  
**7**He upholds the cause of the oppressed  
    and gives food to the hungry.  
The Lord sets prisoners free,  
**8**    the Lord gives sight to the blind,  
the Lord lifts up those who are bowed down,  
    the Lord loves the righteous.  
**9**The Lord watches over the foreigner  
    and sustains the fatherless and the widow,  
    but he frustrates the ways of the wicked.

**10**The Lord reigns forever,  
    your God, O Zion, for all generations.

Praise the Lord.