**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.