The Lord Our Strength

Psalm 144
1 A Psalm of David.
Blessed be the LORD my strength, which teacheth my hands to war, and my fingers to fight:

Now, David begins this precious Psalm with the word '**blessed**', which is not a Beatitude (#835 happiness, i.e. a state of utmost bliss) but rather, a *Benedicto* (apx 6), which is an expression of feeling by way of benediction, i.e. blessing. And that's why this Hebrew word means (in the context of this verse) ***to bless God*** *as an act of adoration* (#1288, by implication). And the word '**Lord**' here is God's sacred (and covenantal) name ***Yehovah*** [i.e. YHVH] which means (the) ***self-Existent*** and ***Eternal*** (#3068) [https://t.me/BibleStudyTruth/946]. So, by using God's Sacred name (Yehovah, i.e. YHVH), David is pointing out that he *knows* our Heavenly Father (Yehovah) is the *only* one who has *always* existed and *always* will, which is why He is *eternal* (Rev 1:8, 4:9, 11:17, 16:5, 22:13). However, by using God's Sacred Name, David is *also* professing that he is in a covenantal relationship with 'the Lord' (Yehovah), which means he *earnestly* loves, fears, trusts and tries *to obey* the Eternal God (YHVH). And David is 'blessing' God (YHVH), as an act of adoration (and thankfulness), *because* He was David's '**strength**', which means ***a cliff*** (or sharp rock, as compressed), ***a rock*** or ***boulder*** and, even (figuratively) **a refuge** (#6697). This same Hebrew word was used *three* times in Psalms 18, once rendered as 'strength' (vs 2) and twice as 'rock' (vs 31 and 46). In fact, in verse 46 he also uses the same word 'blessed' (#1288, "*blessed be my rock*") when praising the Lord (YHVH) *and* calling for Him to be exalted.

So, from the very beginning of this Psalm 144, we already see some similarities with Psalm 18. And David is not only 'blessings' the Lord (YHVH), as an act of adoration, but also professing how He *truly was* David's 'Rock' *because* He was the one who David could *always* run to for safely, which is why this Hebrew word (rendered as 'strength' here in vs 1) can also man a refuge (#6697). And David likely 'borrowed' this terminology (using 'Rock' to refer to our Heavenly Father) from what's called the 'Song of Moses' but, it was really as song written by God (YHVH) as a witness *against* Israel (and prophesy) of what they would end up doing (sinning against Him) and what He would end up doing as a result (punishing them). But, the point to our study is that, this terminology of the 'Rock' (referring to the Lord, YHVH) was *first* used in the 'Song of Moses', i.e. "*He is* ***the Rock****, his work is perfect: for all his ways are judgment: a God of truth and without iniquity, just and right is he*" (Deut 32:4). The word 'rock' in Deut 32:4 is the *same* Hebrew word rendered (here in Ps 144:1) as 'strength' (#6697).

So, our Heavenly Father was the *first* to use the word 'Rock' (to refer to Himself) and David 'borrowed' this terminology because it *perfectly* describes the steadfastness (i.e. immovableness) of our Heavenly Father. In other words, while mankind *often* waivers (in their opinions, desires, motivations and plans, etc.), our Heavenly Father **does *not***. He *remains steadfast* (unmovable)

because His plan to save His children from spiritual death (i.e. His 'plan of salvation') remains firmly on His mind *no matter what* happens in heaven or on earth. Further, while our Heavenly Father does have emotions (and they are *always* righteous), He does not let His emotions *control Him*. So, He's also 'steadfast' (unmovable) as a physical Rock because, He cannot be changed or moved. And further yet, 1 Cor 10:4 also refers to Jesus Christ as 'that Rock' that led Israel through the wilderness. And that's because Jesus Christ is simply God incarnate, as many Scriptures affirm (John 1:1-4, 14, John 10:30, 14:8-11, Heb 1:1-6, Col 1:12-20, Col 2:8-11, 2 Cor 5:19, 2 Cor 4:4-6; 1 Tim 3:16; Isa 7:14, 9:6-7, 43:10-11, 45:21-22, 49:26, 60:16, etc.). More documentation for this can be found in the studies below…

Two Separate People https://t.me/BibleStudyGodsWord/460
Was Christ Here On Earth Before His Birth https://t.me/BibleStudyDownload/485

So, our Heavenly Father (Yehovah, i.e. YHVH) and Jesus Christ are *one in the same*. And thus, our Heavenly Father (whether He's in heaven or on earth) is likened to a "Rock" because of His *unmovable* characteristic. Not only is He Eternal (as His Sacred name means, #3068) but He's also *strong, steady* and *steadfast*… much like a *huge* physical rock (boulder) that is so big *it can't be moved*. Again, while mankind (*and* the 'angels' in heaven, https://t.me/BestStudyBible/314) can easily change their minds (many times due to their emotions) our Heavenly Father ***remains the same forever***, which is why He "*liveth and abideth forever*" (1 Peter 1:23). Further, we still use this analogy today (of a 'rock') to imply someone is *very* mentally and emotionally solid (i.e. wise). So again, the *reason* the Lord (YHVH/Jesus) is our Rock is **because** *His work is perfect: for all his ways are judgment: a God of truth and without iniquity, just and right is he*, as Deut 32:4 points out. In other words, the Lord (YHVH) always does what's right and He always judges everyone righteously, i.e. according to His Word (John 12:46-48). Thus, there are *not* two different 'law systems' with our Heavenly Father (nor Jesus Christ), for He is no 'respecter of persons' (Deut 1:17, Acts 10:34, Rom 2:11, 1 Pt 1:17). And thankfully, the Word He has given us *teaches us* His righteous ways (as David pointed out back in Ps 19:7-9) so we can learn *what we need to do* to be pleasing to Him *and* obtain His kindness, blessings and protection.

Further, David often used this term (the Rock) in his Psalms; not only to praise the Lord (YHVH) for saving him from his enemies, but also thanking Him for giving him strength, courage, and ability to be successful in war. For, from the time David was a young man keeping sheep, he learned how to trust in God in all that he did; that's what made him such a good warrior (and king). And David knew how to *trust in* the Lord (YHVH) *because* he set his heart, and mind, *upon God's promises* and was able to do *great* things *because of* that trust he had in God (YHVH). Therefore, when our mind and heart are ***focused upon God's Word*** (i.e. the Rock), then we too can be 'on solid ground' *spiritually* speaking -which is truly more important than anything in this flesh life (Mth 6:19-34). For God's Word (our Rock) is where all *true* (godly) wisdom comes from (Prov 1:7, 2:2-11, 4:7; James 3:17-18). But if our mind, and heart, is not set

upon '*the* Rock' (YHVH, Jesus Christ, the Word of God) then our mind and heart are as *unsteady* as the sand… and it can *easily* be moved (Matt 7:21-27)!

So, after David blessed (showing adoration towards) the Lord (YHVH) and declared that He was David's *only* 'strength' (rock and refuge, #6697) he then wrote that He "***teacheth my hands to war, and my fingers to fight***". Now, the word '**teach**' is a word we saw frequently used back in Psalm 119. So, by now we know that it means ***to goad*** and thus, (by implication) also means ***to teach*** (the rod being an Oriental incentive, #3925). And, as a reminder, a 'goad' is a stick with a *sharp end* on it, which was (and is) used to *prick animals* (like cows and such) to 'get them going' *in the right direction*! So, David is simply saying that the Lord (YHVH) taught him to war by continuing to 'point him' (Prov 13:24, 23:13-14) in the *right* direction (i.e. to God's Laws). And the word '**hands**' does mean ***a hand*** but, it's *the <u>open</u> one* (in distinction to the closed one) which also *indicates* ***power, means*** *and* ***direction*** (#3027). And the word '**war**' means ***a hostile encounter*** (#7128) - so this word speaks of *more* than just physical battles in war. And then the word '**fingers**' does mean ***a finger*** (or *something to seize with*, #676) while the word '**fight**' does actually mean ***a battle*** (i.e. the engagement) or (generally speaking) can also refer to ***war***, i.e. ***warfare*** (#4421). And, yet again, there's a similar statement in Psalms 18, "***He teacheth my hands to war, so that a bow of steel is broken by mine arms***" (Ps 18:34). The words 'teacheth', 'hands' and 'war' are all the *exact same* Hebrew words found in this first verse of Psam 144 too. Yet again, this shows us just how similar this Psalm 144 is to Psalm 18 – which strongly suggests they were written around the same time, i.e. after God (YHVH) gave David the victory over *all* his enemies.

So, in this first verse we've learned that David blessed (out of adoration) the Lord (YHVH) who was his 'strength' (rock, refuge) *because* He was the one who taught (and pointed him in the right direction) his 'hands' (power, means, direction) to war (a hostile encounter) and his fingers to fight (a battle, warfare). In other words, our Heavenly Father gave David the wisdom to learn how to fight both physically *and* spiritually. So, *no matter what* 'hostile encounter' David faced (from Saul, to the Philistines, to Absalom's rebellion and more), our Heavenly Father was *always* David's 'Rock' (strength, i.e. moral foundation) he could (and did) rely on for help, strength, guidance and (many times) deliverance as well. So, David *fully* relied on the Lord (YHVH) for protection, wisdom, guidance and strength. And that's why all of his successes in life (including his rule, not just his wars) were a result of God's intervention, in one way or another. And this truly is a wonderful example for us living today (1 Cor 10:13)! For just as the Lord (YHVH) helped David (*because* he called upon Him for help *and trusted in* Him), so too will He do for us today IF we earnestly love, serve (obey) *and trust* Him as David did. As David so well said, in Ps 118:6, when the Lord (YHVH) is on our side (i.e. He helps us because we serve Him) we should *not fear anything*; for what can mankind do to us when we are serving the Living (and Eternal) God (Yehovah our Creator)? [Paul makes this point too in Rom 8:31-39]. They *may* be able to kill our flesh body but, they *can do nothing to us spiritually* **if** our heart, and mind, is *set firmly*

(via trust in) on our "Rock" (Mth 10:28)! As Jesus said, in Matt 7:24-27, the rain and floods can come, and the wind can blow and beat upon us *but*, when our heart, and mind, is firmly upon THE ROCK (Yehovah/Jesus Christ) then *nothing* can cause us to 'fall' *spiritually* (i.e. apostatize) … [https://t.me/BibleStudyDownload/499]

3 What time I am afraid, I will trust in thee.
4 In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.
Ps 56:3-4

*3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: **because he trusteth in thee**.*
*4 Trust ye in the LORD **for ever**: for in the LORD JEHOVAH **is everlasting strength**:*
Isa 26:3-4

AMEN.