

Psalm 144

(To the tune of Rise Again Ye Lion-hearted)

Verse 1

Blessed be the Lord Yah-weh my rock
He who trains my hands for war
And my fin-gers for the batt-le
For He is my stead-fast love
(WOMEN): And He is my for-tress
(MEN): Strong-hold who de-lie-vers
My shield He in whom I trust
Sub-dues peo-ples un-der us

Verse 2

Oh Lord why do You re-gard man
Or think of the son of man
Like a breath and like a sha-dow
Are his days as they pass him
(WOMEN): Bow Your heav-ens O Lord
(MEN): Come down touch the mountains
So that they smoke and flash forth
Lightning strikes and scatters them

Verse 3

Send out Your arrows and rout them
Stretch out Your hand from on high
Rescue me from many waters
From the hand of for-eign-ers
(WOMEN): In their mouth they speak lies
(MEN): Whose right hand is falsehood
I'll sing a new song to You
O God on a ten stringed harp

Verse 4

I will play to You a new song
Who gives vic-to-ry to kings
Who res-cues Da-vid His ser-vant
From the cruel and e-vil sword
(WOMEN): Res-cue and de-li-ver
(MEN): From the hand of strang-ers
In their mouth they do speak lies
And false-hood is their right hand

Verse 5

May our sons while still in their youth
Be like plants that are full grown
Our daugh-ters like cor-ner pill-ars
For struc-ture of the pal-ace
(WOMEN): Grain-ar-ies o-ver flow
(MEN): Pro-vi-ding all pro-duce
May our sheep bring forth thou-sands
And ten thou-sands in our fields

Verse 6

May our catt-le be heav-y with
Young suff-er-ing no mis-hap
Or no fail-ure in their bear-ing
With no out-cry in the streets
(WOMEN): Blessed are all the peo-ple
(MEN): To whom such bless-ings fall
And blessed are the peo-ple whose
God is the Lord al-migh-ty