



Building Wholehearted Disciples of Jesus

The Anthem of the Worshipper & Warrior

Psalm 144

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Topic: The Anthem of the Worshipper & Warrior

Description: David is a worshipper and warrior through the battles of life. Our lives will be a reflection of a connection of battles that call us to the higher standard of warring in the Spirit with an unwillingness to quit. Psalm 144 is the anthem of the person who builds his life around being wholehearted as a worshipper and a warrior.

The Anthem of the Worshipper & Warrior Psalm 144

- Many of the same phrases found in Psalm 18.
- In Psalm 18, David is looking back on his life, reflecting over the battles he has fought. He is connecting the dots.
- Psalm 144 is a battle song while in the wars of life. David is still learning to battle in the Spirit—Psalm 18 is at the end of his life, but the phrases and view of God are similar because he is still building his language of God while he battles.
- How many of you know that your knowledge of God is based as much in your experiential knowledge as your theological knowledge. I would venture to say that we know more about Who God is and How God works through experience.
- How many of you know that life is hard? Life is a fight? Life is not just a connecting of dots, but a connecting of battles.
- All of us will look back at our life and connect the battles. You can't do it yet because you are still in it, in the middle of stuff, but you can already look back over part of it—connect the battles and you can see God doing something.
- “A Psalm of David” Psalm 144 is David connecting the dots of the battles of his life and he sees God working, training him, fighting with him and for him.
 - ✓ This is a Battle Anthem; I will call it the “Anthem of the Worshipper & Warrior.”
 - ✓ A reflection of a warrior who never gave up, who followed his heart through times of fantastic victories and deep failures.
 - ✓ David has struggled, battled, and come up short again and again.



- ✓ Teddy Roosevelt quote:

It is not the critic who counts, not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs, who comes up short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows the great enthusiasms, the great devotions, who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who have never known neither victory nor defeat. (Teddy Roosevelt 1910 speech “Citizenship in a Republic” given at the Sorbonne, in Paris, France.)

- ✓ David sees the brevity of life, how quickly life passes by, and how faithful God is.
- ✓ David recognized where true happiness comes from.
- ✓ This is an Anthem for all of us, but most specifically, I feel this is especially for men.

Psalm 144:1

**Blessed be the Lord my Rock,
Who trains my hands for war,
And my fingers for battle—**

- “Blessed” happy beginning; “happy” in conclusion vs 15.
- Bookends—interesting that we men are the happiest when we are in battle!
 - Men, you were made for war; you were groomed for war.
 - Men, fight our wars because made them for battle.
 - From the beginning, men were made and built to fight.

- Ruskin wrote in *Crown of Wild Olive*:

When I tell you that war is the foundation of all the arts, I mean also that it is the foundation of all high virtues and faculties of man. It is very strange to me to discover this, and dreadful, but I saw it to be a most undeniable fact...I found, in brief, that all great nations learned their truth of word and strength of thought, in war; that they were nourished in war and wasted by peace; taught by war and deceived by peace; trained by war and betrayed by peace; in a word, that they were born in war and expired in peace.

- David knows war! Countless battles he has fought: against enemies from within and without. Philistines, Saul, Goliath, even his own men...
- Life is about connecting battles: a firing, a divorce, an injury, a rejection, a move, a demotion, sickness...
- God trains us for war. This book, the Bible, is a warfare training manual.
- God is a rock—the very best place you could be in a battle is high on the rocks: stable, vantage point, strong, deflects arrows, spears, and bullets.
- God's bootcamp is life.

Psalm 144:2

**My loving-kindness and my fortress,
My high tower and my deliverer,
My shield and *the One* in whom I take refuge,
Who subdues my people[a] under me.**

- 6 Attributes of God! He is loving-kindness, he is a fortress, a tower, a deliverer, a shield, a refuge.
- See a pattern here? It is the loving-kindness of the Lord that is our fortress, tower, deliverance, shield, refuge!
 - Jesus, before he did any ministry, was called “beloved.”
 - Jesus ministered out of the love of God.
 - Paul said that the “love of God constrains us.”



- “But God demonstrated His own love toward us, in that while we were yet sinners, Christ died for us.”
- Until you discover the love of God for you, you will struggle with shame.
- The big difference between Saul and David was not jealousy, strife, and envy, but their different view of God:
 - For Saul, God was a convenience, a partner, in his plans.
 - For David, God was His shepherd, His intimate friend.
 - Have you discovered the love of God? Have you discovered the heart of God?

Psalm 144:3

Lord, what *is* man, that You take knowledge of him?

Or the son of man, that You are mindful of him?

4 Man is like a breath;

His days *are* like a passing shadow.

- Man—enosh 3x means “frail, weak, sad.”
- David, knowing the love of God, the mighty power of God, compares himself to God! It’s in understanding the heart and greatness of God that we reevaluate our own limitations, humanly.
- How is it that God would be mindful of me?
- We are so very weak, so vulnerable.
- Brevity of life.

Psalm 144:5

**Bow down Your heavens, O Lord, and come down;
Touch the mountains, and they shall smoke.**

**6 Flash forth lightning and scatter them;
Shoot out Your arrows and destroy them.**

**7 Stretch out Your hand from above;
Rescue me and deliver me out of great waters,
From the hand of foreigners,**

- Moses, upon being rescued by God from Pharaoh's army penned these words:

Exodus 15:2

***The Lord is my strength and song,
And He has become my salvation;
He is my God, and I will praise Him;
My father's God, and I will exalt Him.***

**3 *The Lord is a Man of War;
The Lord is His name.***

**4 *Pharaoh's chariots and his army He has cast into the sea;
His chosen captains also are drowned in the Red Sea.***

- We don't usually think of God as a Man of War. He is the Lion of Judah!
- Come and fight—Fight for us Lord!
- Wage battle in the Spirit, putting on the Armor of the Lord.
- Don't quit...David needs the Lord to fight for him.

Psalm 144:8

**Whose mouth speaks lying words,
And whose right hand *is* a right hand of falsehood.**

**11 Rescue me and deliver me from the hand of foreigners,
Whose mouth speaks lying words,
And whose right hand *is* a right hand of falsehood—**

- David repeats only one phrase in this Psalm and it's right here. Because this is the greatest battle of life—relationships!



- People will always be our toughest battles—not budgets, not decisions to be made, not your job.
- Our lot in this world: dealing with posers, pretenders, and persuaders of the ½ hearted.
- They give you the right hand of fellowship while stabbing you in the back with their left.
- Watch the mouth and the hand—betrayers.
- Lying lips—flattery and platitudes “love ya bro;” “prayin’ for ya bro” My advice: have discernment, use wisdom.
- Two choices with betrayal and broken hearted: quit giving, quit loving, self protect, or to love again, risk again, get up and share you heart again—but with greater wisdom!
- When you’re wholehearted, you will get betrayed by people you loved and you thought they loved you!
- But being wholehearted is getting back up and loving again.
- How do we have the strength to do that?

Psalm 144:9

**I will sing a new song to You, O God;
On a harp of ten strings I will sing praises to You,
10 *The One* who gives salvation to kings,
Who delivers David His servant
From the deadly sword.**

- You learn to worship the Lord, praise Him, bless Him.
- You become a worshipper! You learn to take time stop, slow down, and worship.
- David was foremost a worshipper, a devoted worshipper.
- He is singing a “new song” for the old songs don’t suffice—David wrote songs of deliverance with each deliverance, a new song.



- God wants to write a new song in each of us!
- The old ways of God are good, but the new ways of God are better.
- God has many new ways, new songs to write through you.
- You become a wholehearted worshipper.

Psalm 144:12

**That our sons *may be* as plants grown up in their youth;
That our daughters *may be* as pillars,
Sculptured in palace style;**

- Ultimately God is working in our lives to make us effective leaders who will change the world. We are not here just to occupy space, but to make an impact.
- You were created by God to be a worshipper and warrior who will push back darkness, change the world through changing the lives of others.
- This begins in your own family—with your children—building them into worshippers and warriors. If you fail here, you will break your own heart.
- When the days are all done, when you retire, when you are watching from the window of your home, looking back...all you'll have is your family! Everyone will move on, go to be with the Lord, pass on.
- All you'll have are your sons and daughters—build into them, teach them, train them, love them!

Psalm 144:13

**That our barns *may be* full,
Supplying all kinds of produce;
That our sheep may bring forth thousands
And ten thousands in our fields;
14 That our oxen *may be* well laden;
That there be no breaking in or going out;
That there be no outcry in our streets.**

- Jesus tells a parable of servants given talents (Matthew 25) and some were given 5 talents, others 2 and 1.
 - We have no say in how much we are given in the talent pool.
 - But we do have a say in how we use what we've been given, how we invest our gifts, skills, and talents.
 - In the parable, it is clear that the owner is returning and will hold us accountable for the use or misuse of our talents.
 - Here's what He will say to all of us...

Matthew 25:14

“For the kingdom of heaven is like a man traveling to a far country, who called his own servants and delivered his goods to them. 15 And to one he gave five talents, to another two, and to another one, to each according to his own ability; and immediately he went on a journey. 16 Then he who had received the five talents went and traded with them, and made another five talents. 17 And likewise he who had received two gained two more also. 18 But he who had received one went and dug in the ground, and hid his lord’s money. 19 After a long time the lord of those servants came and settled accounts with them.

20 “So he who had received five talents came and brought five other talents, saying, ‘Lord, you delivered to me five talents; look, I have gained five more talents besides them.’ 21 His lord said to him, ‘Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’ 22 He also who had received two talents came and said, ‘Lord, you delivered to me two talents; look, I have gained two more talents besides them.’ 23 His lord said to him, ‘Well done, good and faithful servant; you have been faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’

24 “Then he who had received the one talent came and said, ‘Lord, I knew you to be a hard man, reaping where you have not sown, and gathering where you have not scattered seed. 25 And I was afraid, and went and hid your talent in the ground. Look, there you have what is yours.’

26 “But his lord answered and said to him, ‘You wicked and lazy servant, you knew that I reap where I have not sown, and gather where I have not scattered seed. 27 So you ought to have deposited my money with the bankers, and at my coming I would have received back my own with interest. 28 Therefore take the talent from him, and give it to him who has ten talents.

29 'For to everyone who has, more will be given, and he will have abundance; but from him who does not have, even what he has will be taken away. 30 And cast the unprofitable servant into the outer darkness. There will be weeping and gnashing of teeth.'

- In God's kingdom economy, the rich get richer, the poor get poorer; the diligent and faithful get more and more, the lazy and unfaithful, even what they have is taken away and given to the diligent and faithful.
- He wants to multiply what you've been given!
- But God can't multiply what you don't invest in Him—if you invest your finances in Christ, He will multiply it; if you invest your talents to Him, He will multiply them; if you invest your time, He will multiply it.

Psalm 144:15

**Happy are the people who are in such a state;
Happy are the people whose God *is* the Lord!**

- This is the happiness of the Christian.
- This is the happiness of the worshipper and warrior!