**The Book of Psalms—Study Guide (Psalm 144-150)**

The Bible always takes precedence in our study of God’s Word (2 Timothy 3:16-17; 2 Peter 1:20-21). This guide is just a “help” compiled from the Soncino commentary, Ambassador College notes, & personal study.

**Psalm 144: A Psalm of David.** Soncino titles this Psalm: “Joy in God’s Protection.” In Jewish liturgy, this Psalm is recited just prior to the end of the Sabbath. Soncino says this: “The imminent renewal of the weekday struggle; after the Sabbath calm comes the intrusion of the world, against which the Psalm proceeds to invoke God’s protecting hand.”

1-2: Blessed be the Lord my Rock (Psalm 18:31-34, 46; 42:9), who trains my hands (with the sword) for war, and my fingers (with the bow) for battle. (The Lord is) my lovingkindness and fortress, my high tower and my deliverer, and my shield and the One in whom I take refuge, who subdues (peoples—heathen nations) under me.

3-4: Lord, what is man that You take knowledge of him? Or the son of man, that You are mindful of him? (This was a statement of humility—notice also Psalm 8:4; Hebrews 2:6). Man is like a breath (Psalm 62:9); his days are like a passing shadow (Job 8:9).

5-6: Bow down Your heavens, O Lord, and come down (as He did in the past—Psalm 18:9). Touch the mountains, and they shall smoke (Psalm 104:31-32). Flash forth lightning and scatter them. Shout out Your arrows and destroy them (his enemies). Notice that this is future too: Zechariah 9:14.

7-8: Stretch out Your hand from above. Rescue and deliver me out of great waters, from the hand of the foreigners, whose mouth speaks lying words, and whose right hand (in an oath) is a right hand of falsehood.

9-10: I will sing a new song to You, O God, on a harp of ten strings I will sing praises to You, to the One who gives salvation to kings (God controls the destinies of kings—see Daniel 2:20-21), who (especially) delivers David His servant from the deadly sword (from wars that bring misery).

11: (A repeat of V.7): Rescue and deliver me from the hand of the foreigners, whose mouth speaks lying words, and whose right hand is a right hand of falsehood— (This could also refer to being delivered from the deceptions coming from the Beast and False Prophet).

12: The remainder of the Psalm is a description of a happy home with beautiful children and with much prosperity— that our sons may be as plants (saplings) grown up in their youth, and that our daughters may be (graceful) as (carved) pillars, sculptured in palace style (See Psalm 128:3).

13-14: That our barns may be full, supplying all kinds of produce; that our sheep bring forth thousands; that our oxen may be well laden (with the produce from the fields); that there be no breaking in (breach by invading armies) or going out (as captives); that there be no outcry (of alarm or distress) in our streets (or broad places).

15: Happy are the people who are in such a state (receiving divine favor). Happy are the people whose God is the Lord! See Psalm 33:12.

**Psalm 145: A Praise of David.** (This is the only Psalm that bears this heading—a praise). Soncino titles this Psalm: “Glory to God.” This last series of Psalms (145-150) are hymns which emphasize praises toward God.

1-3: I will extol You, my God (*Elohim*), O King, and I will bless Your name forever. Every day I will bless You and will praise Your name forever. Great is the Lord, and greatly to be praised, and His greatness is unsearchable (beyond human comprehension—see Psalm 147:5; Romans 11:33; 1 Corinthians 2:9).

4-5: One generation shall praise Your works to another, and shall declare Your mighty acts (Israel neglected doing this, but this will be done in the Millennium—Psalm 102:16-18). I will meditate on the glorious splendor of Your majesty and on (the words of) Your works.

6-7: Men shall speak of the might of Your awesome acts (of judgment), and I will declare Your greatness. They shall utter the memory of Your great (abundant) goodness, and shall sing of Your (faithfulness).

8-9: The Lord is gracious and full of compassion, slow to anger and great in mercy. The Lord is good to all (to every creature—animal or human). God is the universal Father, and His tender mercies are over all His works.

10-11: All Your works shall praise You, O Lord, and Your saints (the godly) shall bless You. They shall speak of Your kingdom, and of Your power. (Soncino: “The saints will be the medium through which all mankind comes to know of God’s worldwide Kingship”). This preaching by the saints is millennial: Psalm 22:30-31.

12-13: To make known to the sons of men His mighty acts, and the glorious majesty of His kingdom. Your kingdom is an everlasting kingdom, and Your dominion endures throughout all generations. (Nebuchadnezzar said these same words: Daniel 4:3). These statements are the substance of the gospel message.

14-16: The Lord upholds all who fall, and raises up all who are bowed down (See Psalm 37:24; Proverbs 24:16). The eyes of all look expectantly to You, and You give them food (satisfy their hunger) in due season. You open Your hand and satisfy the desire of every living thing, including animals (Psalm 104:21; 27-28).

17-19: The Lord is righteous in all His ways, and is gracious in all His works. The Lord is near to all who call upon Him, to all who call upon Him in truth (See Deuteronomy 4:7). He will fulfill the desire of those who fear Him, and will hear their cry and save them. See Joel 2:32.

20-21: The Lord preserves all who love Him (throughout time), but all the wicked He will destroy. My mouth shall speak the praise of the Lord, and all flesh (especially in the future) shall bless His holy name forever.

**Psalm 146:** Soncino titles this Psalm: “God the Helper.’ (God alone is the unfailing source of help).

1-2: Praise the Lord (Hebrew: “Hallelujah”) O my soul! (Hebrew for soul is “nephesh”—a living being, life). While I live I will praise the Lord. I will sing praises to My God while I have my being.

3-4: Do not put your trust in princes, nor in a son of man, in whom there is no help (salvation). His spirit (breath) departs, he returns to his earth (the dust). In that very day his plans (thoughts, purposes) perish. (See Psalms 6:5; 115:17; Ecclesiastes 9:5, 10).

5-7: Happy is he who has the God of Jacob for his help, whose hope is in the Lord his God, who made heaven, earth, the sea and all that is in them; who keeps truth forever (He does not lie), who executes justice for the oppressed, who gives food to the hungry. The Lord gives freedom to the prisoners (literally and figuratively).

8-9: The Lord opens the eyes of the blind; He raises those who are bowed down; He loves the righteous; He watches over the strangers and relieves the fatherless and the widow (He gives aid to the helpless). See Luke 7:19-23. But the way of the wicked He turns upside down (makes crooked).

10: Unlike the human princes who die, the Lord shall reign forever (Exodus 15:18); Your God, O Zion (the seat of His Kingship—Psalm 99:1-3). It is from there He will reign to all generations. Praise the Lord!

**Psalm 147:** Soncino titles this Psalm: “God’s Love and Power.”

1-3: Praise the Lord! For (surely) it is good to sing praises to Our God; for it is pleasant, and praise is beautiful. The Lord builds up Jerusalem; He gathers the outcasts of Israel (This is prophetic of Christ’s return and second exodus—Isaiah 56:8; Zechariah 1:16-17). He heals the brokenhearted, and binds their wounds (Isaiah 61:1-2).

4-6: He counts the number of the stars, and calls them all by name. (There are about 100,000 million galaxies with 100,000 million stars in each one). Great is our Lord and mighty in power. His understanding is infinite (Isaiah 40:26, 28). The Lord lifts the humble and casts the wicked down to the ground (Luke 1:52).

7-9: Sing to the Lord with thanksgiving; Sing praises on the harp to our (one and only) God, who covers the heavens with clouds, who prepares rain for the earth, who makes grass to grow on the mountains. He gives food to the beasts (animals of the field), and to the young ravens that cry. See Matthew 6:26.

10-11: He does not delight in the strength of the horse (used in battle) or takes pleasure in the legs of a man (a soldier). But, He does take pleasure in those who fear Him, and who hope in His mercy (Psalm 33:16-19).

12-14: (The context in this section refers back to the previous verses beginning in verse 2): Praise the Lord, O Jerusalem! For, He has strengthened the bars of your gates (against attacks). And has blessed (multiplied) your children within you. He makes peace in your borders, and fills you with the finest wheat.

15-17: He sends out His command to the earth. His word runs very swiftly (to the elements, such as rain). He gives snow like wool, and scatters the frost like ashes. He casts out His hail (ice) like morsels—who can stand before His cold?

18-20: He also sends out His word and melts them. He causes His wind to blow (bringing a rise in temperature), and the waters to flow (from the melted snow and ice). In like manner He declares His word to Jacob; His statutes and judgments to Israel (Isaiah 55:10-11). He has not dealt thus with any nation (Deuteronomy 4:5-8).

**Psalm 148:** Soncino titles this Psalm: “All Creation Praise God.”

1-4: Praise the Lord! (The praise begins from the heavens, and then to the earth and mankind). Praise the Lord from the heavens, and in the heights! Praise Him all you angels, all His host, the sun and moon, all you stars of light! Praise Him, you heavens of heavens, and you waters above the heavens (See Genesis 1:7).

5-6: Let them praise the name of the Lord, for He (and none other) commanded and they were created (See Ephesians 3:9). He also established (caused to stand—and maintains) them forever and ever. He made a decree which shall not pass away.

7-10: Praise the Lord from the earth, you great sea creatures and all the depths; fire and hail; snow and clouds; stormy wind, fulfilling His word. Mountains and all hills; fruitful trees and all cedars (representing the non-fruit bearing trees); beasts and all cattle; creeping things and flying fowl.

11-13: The kings of the earth and all peoples; princes and all judges of the earth; both young men and maidens; old men and children, let them praise the name of the Lord. For His name is exalted; His glory is above the earth and heaven (See Isaiah 12:4-6).

14: And He has exalted the horn (strength) of His people (Psalm 89:15-17), the praise of all His saints—of the children of Israel (Exodus 19:5-6), a people near to Him (Deuteronomy 4:7). Praise the Lord!

**Psalm 149:** Soncino titles this Psalm: “Hymn of Triumph.” This Psalm emphasizes the return of Christ when all Israel and the saints will praise Him.

1-2: Praise the Lord! Sing to the Lord a new song, and His praise in the assembly of saints. (A new song will be sung by the 144,000 in the future—Revelation 14:3). Let Israel rejoice in their Maker. Let the children of Zion be joyful in their King. See Zechariah 2:10-13.

3-5: Let Israel praise His name with the dance (see examples of dancing in: 1 Samuel 18:6; 2 Samuel 6:14-16) and sing praises to Him with the timbrel and harp. For the Lord takes pleasure in His people. He will beautify the humble with salvation. Let the saints be joyful in glory. Let them sing aloud on their beds.

6-7: Let the high praises of God be in their mouth (the saints), and a two-edged sword in their hand, to execute vengeance on the nations, and punishments on the peoples. (This refers to God’s retribution against the adversaries of Israel. See Zechariah 12:9; 14:3-4).

8-9: To bind their kings with chains (at Christ’s return), and their nobles (honored men) with fetters of iron. To execute on them the written judgment (See Psalm 83:16-18). This honor (glory) has all His saints.

**Psalm 150:** Soncino titles this Psalm: “Hallelujah.” One scholar in Soncino wrote that this Psalm is: “the grandest symphony of praise to God ever composed on earth.”

1-2: Praise the Lord! Praise God in His sanctuary (in His holy temple in heaven—see Psalm 11:4); Praise Him in His mighty firmament! (The firmament is above the earth—Genesis 1:6-7). Praise Him for His mighty acts; Praise Him according to His excellent greatness! (See Psalm 145:3).

3-5: Praise Him with the sound of the trumpet; Praise Him with the lute and harp! Praise Him with the timbrel and dance (See Exodus 15:20-21; Revelation 15:2-3); Praise Him with stringed instruments and flutes! Praise Him with loud cymbals; Praise Him with clashing cymbals! (See 1 Chronicles 25:1; 2 Chronicles 29:25-28).

6: Let everything that has breath praise the Lord. Praise the Lord!

*The End of the Psalms*