

## Psalm 144:1-3

My Rock and My Fortress

*Blessed be the LORD,  
my rock,  
who trains my hands for war,  
and my fingers for battle;  
he is my steadfast love and my fortress,  
my stronghold and my deliverer,  
my shield and he in whom I take refuge,  
who subdues peoples under me.  
O LORD, what is man that you regard him,  
or the son of man that you think of him?*

When men become eminent for things as to which they have had few advantages, they should be more deeply sensible that God has been their Teacher. Happy those to whom the Lord gives that noblest victory, conquest and dominion over their own spirits. A prayer for further mercy is fitly begun with a thanksgiving for former mercy. There was a special power of God, inclining the people of Israel to be subject to David; it was typical of the bringing souls into subjection to the Lord Jesus. Man's days have little substance, considering how many thoughts and cares of a never-dying soul are employed about a poor dying body. Man's life is as a shadow that passes away. In their highest earthly exaltation, believers will recollect how mean, sinful, and vile they are in themselves; thus they will be preserved from self-importance and presumption. God's time to help his people is, when they are sinking, and all other helps fail.

- *Matthew Henry, MHCC*