



**NO  
OTHER  
gODS**

*— 30 Days of Worship —*

# DAY 20

— Chemoth / Victory / Voice —

## READ

### *Psalm 144*

*<sup>1</sup> Blessed be the Lord, my rock,  
who trains my hands for war,  
and my fingers for battle;*

*<sup>2</sup> 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.*

*<sup>3</sup> O Lord, what is man that you  
regard him,  
or the son of man that you think of  
him?*

*<sup>4</sup> Man is like a breath;  
his days are like a passing shadow.*

*<sup>5</sup> Bow your heavens, O Lord, and  
come down!*

*Touch the mountains so that they  
smoke!*

*<sup>6</sup> Flash forth the lightning and scatter  
them;*

*send out your arrows and rout them!*

# DAY 20

— Chemoth / Victory / Voice —

<sup>7</sup> Stretch out your hand from on high;  
rescue me and deliver me from the many waters,  
from the hand of foreigners,  
<sup>8</sup> whose mouths speak lies  
and whose right hand is a right hand of falsehood.

<sup>9</sup> I will sing a new song to you, O God;  
upon a ten-stringed harp I will play to you,

<sup>10</sup> who gives victory to kings,  
who rescues David his servant from the cruel sword.

<sup>11</sup> Rescue me and deliver me from the hand of foreigners,  
whose mouths speak lies  
and whose right hand is a right hand of falsehood.

# DAY 20

— *Chemoth / Victory / Voice* —

## REFLECT

King David cries out to God in this psalm for blessing and protection on behalf of himself and his people. He begins by acknowledging that his victory in battle has been from the Lord, (his rock) who *trains* him.

How is God training your hands for war, and your fingers for battle? What difficulties are you facing that give you practice running to him for victory?

In the next line, David clearly expresses the way he experiences God. He uses the words *steadfast love, fortress, stronghold, deliverer, shield, the One in whom I take refuge, and the One who subdues people under me.*

These things are true of God. Why would we ever turn to a false god like Chemosh?

# DAY 20

— *Chemoth / Victory / Voice* —

And the next line is a statement in which David acknowledges the fact that God humbles himself to regard mankind, because the lifespan of man is like a breath: here one minute and gone the next. And yet, the following verses are bold faith cries to God for deliverance. Clearly his trust is in the Lord.

## RESPOND

In response to Psalm 144, let's use our voices to sing a new song to the Lord. This will be a spontaneous outpouring of faith in the One who is *our* steadfast love, *our* fortress, stronghold, deliverer, shield, and the One in whom *we* are choosing to take refuge. You may feel hesitant, especially if this is a new experience for you. But no one else is listening or critiquing you!

## DAY 20

— *Chemosh / Victory / Voice* —

This is from your heart, out of your mouth to the heart of God.

Just sing to him a prayer for all that your heart needs. In song, express your desire not to turn to Chemosh for victory or release from oppression.

If this is too much of a stretch, simply sing the words of Psalm 144 in your own creative melody as you worship God with your voice today.