

My Shield and My Fortress

Douglas Yates — inspired by Psalm 144:1-2 • Key: E minor • 133 BPM • 4/4

Chords transcribed with Moises.ai. Public domain (CC0 1.0) — free for any church. Placement approximate; verify by ear.

VERSE 1

Em **G** **Em**
Praise be to the Lord, my Rock,
C **D** **Em**
Who breaks the chains and the iron lock.
C **D** **Em**
He trains my hands for the coming fight,
C **D** **Em**
He guides my fingers through the darkest night.
C **D** **Em**
Before the shadows attempt to rise,
C **D** **Em**
I fix my focus on a higher prize.

VERSE 2

G **D** **A** **Am** **Em**
In the thick of the battle, in the heat of the war,
G **D** **A** **Em**
I am standing on the promise that went before.
G **D** **A**
My hands are steady, my spirit is bold,
E **Em** **G**
To the ancient truth that our fathers told.
D **A** **E**
You teach the warrior how to stand,
Em **E** **Em** **G**
With the sword of truth in a fragile hand.

PRE-CHORUS

D **A** **Am**
Out of the trenches, out of the deep,
Em **E** **D**
You wake the soul from a compromise sleep.

A E G
The line is drawn, the standard is raised,
E G D A
Let the name of the Rock be forever praised

CHORUS

Am E D
He is my fortress! He is my shield!
E Em G
The lovingkindness where my heart is healed!
D A Em
My high tower on the battleground,
G D A
The sweet deliverer where my soul is found!
E Em G
My shield, my shelter, the King of kings,
D A E
I take my refuge underneath Your wings.

VERSE 3

Em G D
He subdues the nations under my feet,
A Am E
Turning the bitter into something sweet.
Em D E
What is man that You look his way?
Em G D A
A passing breath in the heat of the day.
Em G D A
Yet You bow the heavens and You touch the hills,
Em G D
With a holy power that the chaos stills.

PRE-CHORUS

A E G
Out of the trenches, out of the deep,
D A E
You wake the soul from a compromise sleep.

Em G D
The line is drawn, the standard is raised,
A Am G Em
Let the name of the Rock be forever praised

CHORUS

G D Am
He is my fortress! He is my shield!
Em G D
The lovingkindness where my heart is healed!
A Em G
My high tower on the battleground,
D A Em
The sweet deliverer where my soul is found!
G D A
My shield, my shelter, the King of kings,
Em G D
I take my refuge underneath Your wings.

BRIDGE

Am Em G
Blessed be the Lord, my Rock!
D A E
He trains my hands for war
G E G
Blessed be the Lord, my Rock!
E G
My fingers for the battle

CHORUS

Em G Em
He is my fortress! He is my shield!
C D Em
The lovingkindness where my heart is healed!
C D Em
My high tower on the battleground,
C D Em
The sweet deliverer where my soul is found!

C My shield, my shelter, the King of kings,

C **D** **Em**
I take my refuge underneath Your wings.