



**ST NINIAN'S UNITING CHURCH**  
**NOVEMBER 12<sup>TH</sup> 2025**  
**PRAYERS AND REFLECTION**  
**BASED ON PSALM 123**



**A prayer for mercy**

1. Lord, I look up to you, up to heaven, where you rule.
2. As a servant depends on his master, as a maid depends on her mistress, so we will keep looking to you, O Lord our God, until you have mercy on us.
3. Be merciful to us, Lord be merciful; we have been treated with so much contempt.
4. We have been mocked too long by the rich and scorned by proud oppressors.

**QUIET TIME IN PRAYER**

Gracious Lord, I lift my eyes to you, always seeking your mercy and guidance. As I sit in your presence, may my heart be filled with humility and trust, always acknowledging the trust I place in my dependence on your grace. In times of difficulty and uncertainty, help me to remain steadfast, looking to you for my source of comfort and strength. Pour out your compassion on your creation and remind us all of the hope we find in your love. May this short time of worship together bring us even closer as I try to bring honour and glory to your holy name. amen.

**PRAYER POINTS OF THANKS AND PRAISE**

- Thanks and praise to you, Lord, for your unwavering mercy and compassion.
- Thanks and praise to you, Lord, for your leadership through the many challenges of life and for being my strength and stay during those times.
- Thanks and praise to you, Lord, for your faithfulness, which sustains me in every season of my life filling my heart with hope and assurance.

**POINTS OF CONFESSION**

- Lord, I acknowledge there have been times when I have stopped looking for your help
- Lord, forgive me for thinking I don't need to confess to you and don't need your mercy or grace.
- Lord, forgive me for being indifferent to my faith, traditions, and to others who remain faithful to your love and guidance.

## **WORDS OF GRACE**

In asking your forgiveness I may know cleansing, renewal and a dislike of doing things against you. Jesus says when we confess our wrongdoing with an attitude to be sorry, we are forgiven. In Christ you are forgiven, thanks be to God, amen

## **REFLECTION**

These 4 verses of Psalm 123 is an expression of our dependence on God, showing us the need for humility and trust when we least feel like it due to the situation we find ourselves in. The psalm starts with a clear declaration: “Lord, I look up to you, up to heaven, where you rule.’ This wonderful image gives us a picture of one looking up to God, suggesting a reliance on the sovereignty and authority of God. In a world that often feels chaotic and overwhelming, the first verse is an invitation not to forget that God is seated above all, is in control and full of mercy.

The author of this psalm acknowledges their position as a servant, a theme that resonates deeply throughout the scriptures. This servanthood isn’t one of suppression, but rather a recognition of our need for the Holy Spirit’s guidance and support. “As a servant depends on his master, as a maid depends on her mistress, so we will keep looking to you, O Lord our God, until you have mercy on us” suggests a relationship built on trust and attentiveness. It reminds us that, like servants depend on their masters for provision, we are called to depend on God for our spiritual and emotional sustenance.

We can also hear in the psalm the challenges faced by those who are faithful, those who are expressing their feelings of being scorned and experiencing contempt from others. In the words found in the psalm we can’t forget that those who have chosen to follow God may encounter ridicule, however we can take comfort in knowing that we aren’t alone in our struggles. The call to lift our eyes to God in those moments encourage us to look to God for our strength where we will find our solace instead of allowing ourselves to become victims overwhelmed by our circumstances.

At the end of the day psalm 123 urges us to cultivate a heart of humility and dependence before God, being assured that God’s mercy is abundant. When we are feeling overwhelmed by the scornful contempt of others we need only to lift our eyes to the heavens, embrace a deeper faith, grounded in the knowledge that God is ever-present and ready to respond to our daily needs.

## **PRAYER OF INTERCESSION**

Holy One, I pray for those who are weary and burdened, asking for your provision of comfort and strength for them. In times of scorn and contempt, may your presence be known to all those who experience difficulties and may we all be filled with hope and joy. Lord, guide our leaders and those in authority to act justly and to look upon the needs of the vulnerable. I trust in your unfailing love and mercy, knowing that you hear my cries of lament. Let your compassion flow through me as I seek to uplift and support those around me. In your name I pray amen.

### **EYES LIFTED HIGH** ©SV 2025

In the shadow of trials, we lift our gaze,  
To you, O Lord, through the darkest days.  
Like servants waiting, our hearts in tune,  
We seek your mercy, beneath the moon.

With hope unshaken, we call on your name.  
For grace and compassion, ever the same.  
In scorn and in sorrow, our spirits may bend,  
Yet trust in your goodness, our hearts will defend.

So guide us, O Keeper, with love that endures,  
In your faithful presence, our hope reassures.  
With eyes fixed upon you, our burdens release,  
In your endless mercy, we find our peace.