



ST NINIAN'S UNITING CHURCH
NOVEMBER 5TH 2025
PRAYERS AND REFLECTION
BASED ON PSALM 142



A prayer for help

1. I call to the Lord for help; I plead with him.
2. I bring all my complaints; I tell him all my troubles.
3. When I am ready to give up, he knows what I should do. In the path where I walk, my enemies have hidden a trap for me.
4. When I look beside me, I see that there is no one to help me, no one to protect me. No cares for me.
5. Lord, I cry to you for help; you, Lord, are my protector; you are all I want in this life.
6. Listen to my cry for help, for I am sunk in despair. Save me from my enemies; they are too strong for me.
7. Set me free from my distress; then in the assembly of your people I will praise you because of your goodness to me.

QUIET TIME IN PRAYER

Heavenly Lord, as I gather my thoughts, I seek refuge in You. Turn Your ear to my cries and guide me through what troubles my mind. Strengthen my heart and spirit, as I lay my burdens before You. May Your presence continue to bring me comfort and hope, and help me to trust in Your salvation. Amen.

PRAYER POINTS OF THANKS

- Thank you, for listening to me, you remind me that no matter is happening around me, I am yours, and you are mine.
- Thank you, Lord, for being my refuge and my strength when the words and actions of others cause me harm and hurt.
- Thank you, Lord, for the promise and encouragement that you Lord know my path, are my guiding light and restoration of hope.

POINTS FOR A PRAYER OF PRAISE

- I praise you Lord for your unwavering faithfulness, presence and reliance in my darkest moments

- I praise you Lord for attentiveness which validates my struggles and deepens my relationship with you.
- I praise you Lord for instilling hope and courage to trust in your power to save.

POINTS OF CONFESSION

- Lord, I acknowledge my weakness to feel overwhelmed and lost and not seeking your help for a safe passage back to the right path.
- Lord, forgive me for thinking I can fix what's bothering me on my own without seeking your help.
- Lord, forgive me for not confessing my moments of fear and doubt, questioning your presence during difficult times.

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

Psalms 142 a psalm calling for help offers us a useful glimpse into our experiences of despair and the quest for finding a safe place with God. David writes during his own time of great distress, in a way that can resonate with the many faceted distresses of our era where many of us are grappling with feelings of isolation, feeling silenced and helpless.

With the increasing trend of people feeling burnt out we often find ourselves overwhelmed – whether by the pressures of work, societal expectations, or personal struggles. Just as David felt trapped in a cave, we may feel ensnared by our circumstances, leading to despair and loneliness. The rapid pace of life, coupled with the constant barrage of information from social media, can intensify these feelings of isolation and loneliness. Despite being connected digitally, many of us find ourselves wanting to be involved in genuine connections and support rather than feeling like engaging in a commercial exchange.

David's honesty in voicing his distress inspires us to confront our own struggles with authenticity. He doesn't shy away from expressing his fears or feelings of abandonment; he is bold in his calling out to God. For us living in the 21st century his behaviour serves as a reminder of the importance of vulnerability in prayer. All too often we hold back our true feelings, fearing judgement or dismissal. Through David's psalm we are encouraged to come to God even in our rawest moments, bringing our real

emotions to God trusting God will listen to our prayer and respond lovingly and with care for us.

Through this psalm we also hear the words of hope where David acknowledges his imperfections and troubles but at the same time expresses faith in God's capacity to bring him to a place of deliverance. This duality is crucial for us to be aware of today; while we may face real challenges, holding onto hope is essential. We are reminded that God is our refuge and our source of undeniable strength even in the midst of great turmoil, God's presence gives us comfort and guidance.

In essence, David is calling us to embrace our vulnerabilities, seek refuge in God, and trust in God in all circumstances because God promises to be with us always. As we work our way through the many complex situations, we find ourselves in we can't forgo the opportunity to pray for resilience and strength and lean on the hope that our loving God has given us.

PRAYER OF INTERCESSION

Gracious Lord, I am here to uphold those who are feeling trapped in their circumstances, in the same way that David felt so long ago. I ask Lord, that you hear their cries and give refuge to weary and distressed. Bring comfort to the lonely, freedom for those who are isolated, and a safe space for those who feel silenced. Restore hope to the hopeless and guide those who seek direction. May they experience your presence in their deepest struggles, and may your help be evident in their lives. Surround them with a supportive community and remind all of us of your unfailing love. I trust in your promises and look forward to the changes you will bring to my life. In the name of the risen Christ Jesus amen.

OUR HOPE IS IN GOD ©SV 2025

In the shadowed caverns deep,
Where silent tears and sorrows seep,
I lift my voice, O Lord, to Thee,
In desperate prayer, I long to be free.

My spirit faints, the heart feels tight,
In darkest hours, you are my light.
You hear my cries, you see my plight,
A refuge near, in endless night.

Like David's heart, I bare my soul,
With trust in you, I am made whole.
The world feels vast, but your remain,

My constant hope amid the pain.

With threats encircle, and fears arise,
I seek your strength; light up my eyes.
In your embrace, I find my peace,
From chains of worry, I find release.

So, guide my steps on paths of grace,
With every breath, I seek your face.
For in my struggles, I'm not alone;
In you, my Saviour, I've found my home.