



**ST NINIAN'S UNITING CHURCH**  
**FEBRUARY 11<sup>TH</sup> 2026**  
**PRAYERS AND REFLECTION**

**BASED ON PSALM 119:105-112**

*<sup>105</sup> Your word is a lamp for my feet, a light on my path.*

*<sup>106</sup> I have taken an oath and confirmed it, that I will follow your righteous laws.*

*<sup>107</sup> I have suffered much; preserve my life, Lord, according to your word.*

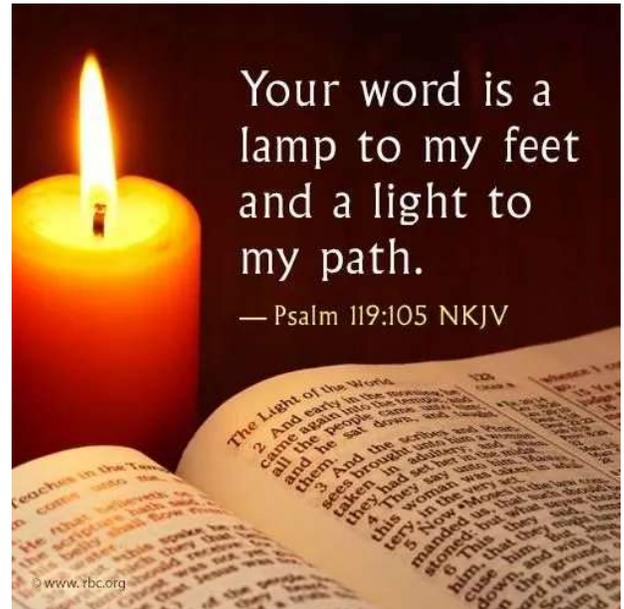
*<sup>108</sup> Accept, Lord, the willing praise of my mouth, and teach me your laws.*

*<sup>109</sup> Though I constantly take my life in my hands, I will not forget your law.*

*<sup>110</sup> The wicked have set a snare for me, but I have not strayed from your precepts.*

*<sup>111</sup> Your statutes are my heritage forever; they are the joy of my heart.*

*<sup>112</sup> My heart is set on keeping your decrees to the very end.'*



**QUIET TIME IN PRAYER**

Gracious God, I am here in your presence, seeking the light of your Word, which guides my path and lights up my heart. As I reflect on the selected Psalm for today grant me your understanding and wisdom, that your teachings may be etched upon my soul. Help me to embrace your commandments with joy and commitment, renewing my spirit as I walk in your truth. May your guidance lead me deeper into my faith, and your hope, joy and love. I pray with the Holy Spirit dwelling in my soul. Amen

**PRAYER POINTS OF THANKS**

- Thank you for sharing your light which takes me out of the darkness of the world
- Thank you, Lord, for listening to every prayer that is said
- Thank you, Lord, for the help you give me to follow the Mosaic Laws and the wisdom of the Prophets.
- Thank you, for being my strength and constant companion on which is sometimes a lonely road to traverse.

## **POINTS FOR A PRAYER OF PRAISE**

- For the scriptures to help me through each day
- For helping me find joy on the difficult days
- For being able to discern right from wrong, goodness from meanness

## **POINTS OF CONFESSION**

- For the times when I forget my commitment to you and go in the other direction
- For allowing myself to be caught in a snare or triangular dispute
- For the times when I have let myself fall into a state of self-pity.

## **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**

A portion of Psalm 119 105-112 is very well known through a modern song, “Thy Word is a lamp unto my feet.” One that I really love to sing when I’m on my own. The psalmist is emphasising to us our reliance on God’s commandments as a source of wisdom and love rather than one of fear and condemnation. In our present context this message resonates greatly despite the noisy complexities and challenges we face individually and as a community in our modern world.

Australia is known for its diversity and rich cultural tapestry, however it still grapples with various issues including secularism, religious differences, environmental concerns, social justice issues across the board, and the ongoing quest for reconciliation with our Indigenous brothers and sister. As we reflect on these verses, we can draw parallels between the guiding light of God’s Word and the moral compass required to navigate these complex social issues.

‘Your word is a lamp to my feet and a light to my path’. As I write this in 2026, as an Australian with bush fires raging fiercely at one end of the country and floods at the other, I am aware we are often confronted with the realities of a climate that’s changing and the impact it’s having on the environment, the wisdom found in Scripture encourages me to reflect on stewardship and the responsibility we have to care for God’s beautiful

creation, created out of deep love. The call to protect the land can be seen as a divine injunction, leading us to act responsibly and sustainably. God's Word helps us prioritise actions that honour the environment, ensuring that future generations inherit a healthy, richly diverse and full of beauty environment.

In a nation marked by cultural diversity, the teachings of love, justice, and compassion found in Scripture can inspire each of us to live harmoniously together. David, who is most likely to be the author of today's reading, goes on a little further in the psalm to verse 31 where he expresses a commitment to God's statutes, stating, 'I hold fast to your testimonies, O Lord; do not put me to shame. This commitment encourages us to be wise with what we do in our environment of the natural realm but also with how we treat other people, the poor and destitute, and engage in meaningful conversations with the Indigenous communities. Seeking reconciliation and understanding align with the heart of God's commandments.

The personal struggles reflected in David's words resonate with many of us today. Covid-19 has left its scar of mental health issues on our communities, across the generations we witness economic and relational turmoil leading to uncertain futures, and the aftermath of global events, each reminding us of importance of anchoring our lives in God's Word. The assurance that 'my heart is set on keeping your decrees to the very end' speaks directly to our need for hope and resilience in the face of adversity.

Thankfully from our reading of the psalm, we are reminded to embrace God's wisdom and let it be our guiding light through our challenges. By grounding ourselves in these teachings, we can cultivate a more just, caring, and sustainable society, reflecting the love and hope we find in Christ.

## **PRAYER OF INTERCESSION**

Lord, I have come to the end of my reflection and open my heart to pray with a thankful heart, acknowledging the light of Your Word is what guides my path. As I intercede for those in need, I pray for wisdom and discernment for people facing difficult decisions. May your Words sing in the hearts and minds, leading them to make choices based in truth and love.

Spirit of God, I lift up those who are struggling with uncertainty or despair. Just as your Word provides clarity and direction, may the many who are lost of hope find comfort and hope in your promises. Strengthen their faith, and remind them that they are never alone in their journey.

I also bring before you the community of St Ninian's that your teachings may bring inspirations of love and joy and commitment. Help us to be your hands and feet as we witness your Spirit of compassion, generosity, and support for those who have such a need. Guide us in building bridges of understanding and reconciliation, mirroring the love and grace found in your commandments. Help us to see your guiding light along our pathways.

Christ, you are the great Almighty, may all our hearts be steadfast in pursuing your ways, declaring like David did, 'My heart is set on keeping your decrees.' Enable us to stand firm in our faith as we navigate the challenges of our world, trusting in your guidance every step of the way.

I ask all these things in the name of my Lord and Saviour, Jesus Christ. Amen

