



**ST NINIAN'S UNITING  
CHURCH  
PRAYERS & REFLECTION  
FEBRUARY 25<sup>TH</sup>, 2026**

**BASED ON PSALM 32**

***'The Joy of Forgiveness  
Of David. A Maskil.***

*<sup>1</sup> Happy are those whose transgression is forgiven,  
whose sin is covered.*

*<sup>2</sup> Happy are those to whom the Lord imputes no iniquity  
and in whose spirit there is no deceit.*

*<sup>3</sup> While I kept silent, my body wasted away  
through my groaning all day long.*

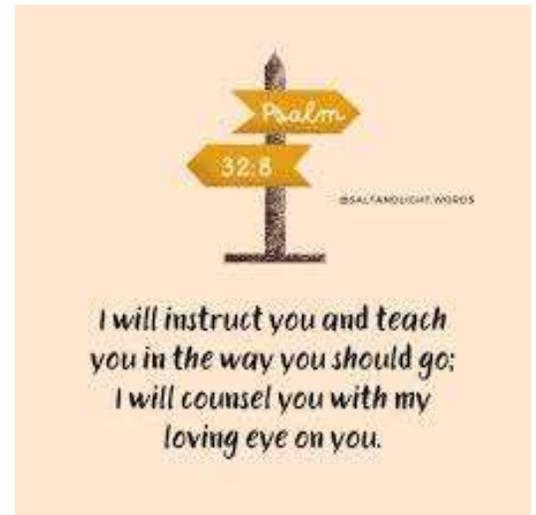
*<sup>4</sup> For day and night your hand was heavy upon me;  
my strength was dried up as by the heat of summer. Selah*

*<sup>5</sup> Then I acknowledged my sin to you,  
and I did not hide my iniquity;  
I said, "I will confess my transgressions to the Lord,"  
and you forgave the guilt of my sin. Selah*

*<sup>6</sup> Therefore let all who are faithful  
offer prayer to you;  
at a time of distress, the rush of mighty waters  
shall not reach them.*

*<sup>7</sup> You are a hiding place for me;  
you preserve me from trouble;  
you surround me with glad cries of deliverance. Selah*

*<sup>8</sup> I will instruct you and teach you the way you should go;  
I will counsel you with my eye upon you.*



<sup>9</sup>*Do not be like a horse or a mule, without understanding,  
whose temper must be curbed with bit and bridle,  
else it will not stay near you.*

<sup>10</sup>*Many are the torments of the wicked,  
but steadfast love surrounds those who trust in the Lord.*

<sup>11</sup>*Be glad in the Lord and rejoice, O righteous,  
and shout for joy, all you upright in heart.'*

## **OPENING PRAYER**

Lord of all spaces and places, I have left what distracts me for another time and place so that I can sit in your presence to reflect and pray. I am very grateful for the opportunity to say thank you for the gift of time, and forgiveness knowing the full joy of salvation. As Psalm 32 reminds me, I need your help me acknowledge my transgressions and seek your forgiveness and mercy. May my heart be filled with your steadfast love, guiding me on the path of creating and strengthening my relationship with you. Teach me to trust you completely, find refuge and strength in times of trouble. I pray for your wisdom to lead me and for the grace to rejoice in the freedoms I find in you. May your Spirit inspire my worship not just today but every day. Amen

## **THE LORD'S PRAYER POINTS IS A PRAYER OF PRAISE, THANKSGIVING AND CONFESSION**

You may like to personalise the prayer by placing your name where you think it's required.

Our Father in heaven,

Hallowed be your name,

Your kingdom come,

Your will be done on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

As we forgive those who sin against us.

Lead us not into temptation,

But deliver us from evil.

For the kingdom, the power and the glory are yours Now and for ever.

Amen

## REFLECTION

The psalms are a safe place where we can explore many things that come to mind. Today we take a short exploration of sin, confession, and the endless grace of God. We know the joy we feel when we're forgiven, our joy is affirmed in the psalm 'happy are those whose transgressions are forgiven, whose sin is covered.' From the start of the psalm the tone for understanding true happiness doesn't come from our successes or accomplishments but from our relationship and grace from God, through God's mercy.

The rich images gained throughout the psalm reaffirm for us the heavy weight we carry of unconfessed wrongdoing, describing how it can weigh down our spirit, only leaving us with feelings of discontent and turmoil. 'While I kept silent, my body wasted away,' reflects the reality that hiding what we've done wrong not only weighs on our conscience it also impacts our very being. This teaches us the importance of being honest with God – we can't hide anything from God, even when we think we have outwitted God, God knows we haven't. When we bring our struggles into the light through confession, we experience the freedom that comes with knowing we're forgiven.

Another thing we learn from the psalm is our great need for guidance. Verse <sup>8</sup>'*I will instruct you and teach you the way you should go; I will counsel you with my eye upon you.*' From this verse we can feel affirmed that this isn't a one-way relationship, for sure God wants us to maintain a relationship with God, but it

works the other way as well – God wants to be in a relationship with us too, one characterised by God’s guidance and love.

In a world that often feels chaotic, we can find peace and calm in the knowledge that God is actively involved in our lives always offering wisdom and direction. Our reading for today calls us to embrace both confession and assurance (Words of Grace). It offers us an invitation to hand over to God our troubles, concerns, those things that weigh heavily on our heart – in other words the burdens of our heart. When we allow ourselves to do this, we can revel in the grace that leads to genuine joy and peace. As we reflect further on our psalm, we are reminded of the power of confession, change, the joy of salvation, and the constant presence of our loving God, who calls us to a deeper relationship with God, Christ and Spirit – the three in One who have been active in the world since its creation.

[https://www.youtube.com/watch?v=kaqd4-5mhcc&list=RDkaqd4-5mhcc&start\\_radio=1](https://www.youtube.com/watch?v=kaqd4-5mhcc&list=RDkaqd4-5mhcc&start_radio=1)

