



**ST NINIAN'S UNITING
CHURCH**
PRAYERS AND REFLECTION
MARCH 18TH 2026
BASED ON PSALM 146



Psalm 146

Praise for God's Help

¹ Praise the Lord!

Praise the Lord, O my soul!

² I will praise the Lord as long as I live;
I will sing praises to my God all my life long.

³ Do not put your trust in princes,
in mortals, in whom there is no help.

⁴ When their breath departs, they return to the earth;
on that very day their plans perish.

⁵ Happy are those whose help is the God of Jacob,
whose hope is in the Lord their God,

⁶ who made heaven and earth,
the sea, and all that is in them;
who keeps faith forever;

⁷ who executes justice for the oppressed;
who gives food to the hungry.

The Lord sets the prisoners free;

⁸ the Lord opens the eyes of the blind.

The Lord lifts up those who are bowed down;
the Lord loves the righteous.

⁹ The Lord watches over the strangers;
he upholds the orphan and the widow,
but the way of the wicked he brings to ruin.

¹⁰ The Lord will reign forever,
your God, O Zion, for all generations.

Praise the Lord!

OPENING PRAYER

Lord, your servant sits with a heart full of praise, as I put my trust, help, and hope in you for it's in you that I find my strength, everlasting love, and faith. Help me to be a reflection of your love and compassion as I live my life serving your beloved people. I will continue to lift my voice in prayer, praise, and worship, grateful for your goodness and grace. In the name of the risen Christ Jesus. Amen

PRAYER OF THANKS, PRAISE AND CONFESSION.

Thank you for the freedom to be the person you call me to be
Thank you for being the reason to know what real happiness looks like
Thank you for empowering me to be able to help the hungry
Thank you for watching over me all the time

Praise to you Lord for keeping your promises when others can't be trusted
Praise to you Lord for being there when others have flown to their form of safety
Praise to you Lord for the hope you give me when I feel like I'm in a hopeless situation
Praise to you Lord for watching over and loving strangers; not leaving *anyone* behind

Forgive me Lord, for the moments when I feel like my soul is lost
Forgive me Lord, for the moments when I put more faith in mortals and their ideologies than you.
Forgive me Lord, for the moments when I look away from those who need help
Forgive me Lord, for the moments when I imprison others because I am too busy to care.

WORDS OF GRACE

Hear then Christ's word of grace to us: 'Your sins are forgiven.' Thanks be to God amen

REFLECTION

This is quite the uplifting psalm we need to read and reread as we move through Lent towards Easter. Our psalm like the rest of the bible is yet another invitation where we can celebrate the reign of God and God's unwavering commitment to those in need. The psalmist opens with a call to praise, laying the grounds for our lives to be centered on worship and gratitude: 'Praise the Lord, O my soul!' This declaration shows us how important it is for us to be internally joyful and appreciative, no matter what our external circumstances- we have good reason to smile.

The further we reflect on the psalm the more we become deeply aware and mindful of the futility of placing all our trust in mortal people at the expense of trusting an everlasting God. There are warnings against relying on people alone, emphasising that people-made solutions are transient and ultimately incapable of providing lasting hope. This is a timely reminder for us in a world often preoccupied with political rhetoric and fleeting successes. Instead of placing our hope in worldly systems and technology, we are called to anchor our faith in Father, Son and Spirit – our Creator and Sustainer.

Through the psalm we get a good picture of the nature of God. God is the One who provides justice for the oppressed, feeds the hungry, and sets the prisoners free. This isn't just an abstract theological concept but a lived reality for those of us who are faithful followers. It calls us to reflect on how we might emulate God's compassion in our lives, advocating for justice and serving those who sit on the sideline of communities.

Finally, the psalm ends with a proclamation of God's eternal reign. "The Lord will reign forever, your God, O Zion, for all generations. Praise the Lord!" This assurance involves us being in a relationship of trust and dependence, knowing that our lives and the world are held in God's

faithful hands. If this isn't how you read the psalm then perhaps you could respond by reading the psalm as a personal invitation. Psalm 146 serves as both a hymn of praise and a call to action, urging us to serve God and others with joyful hearts, grounded in God's everlasting goodness.

PRAYER OF INTERCERSSION

Lord, thank you for being a God of justice, who has given me a heart of compassion for those who face oppression, hunger and internal imprisonment. I pray for those in the community who are feeling anxiety and despair. May your mercy flow through the law givers and extend our hands to help those in need.

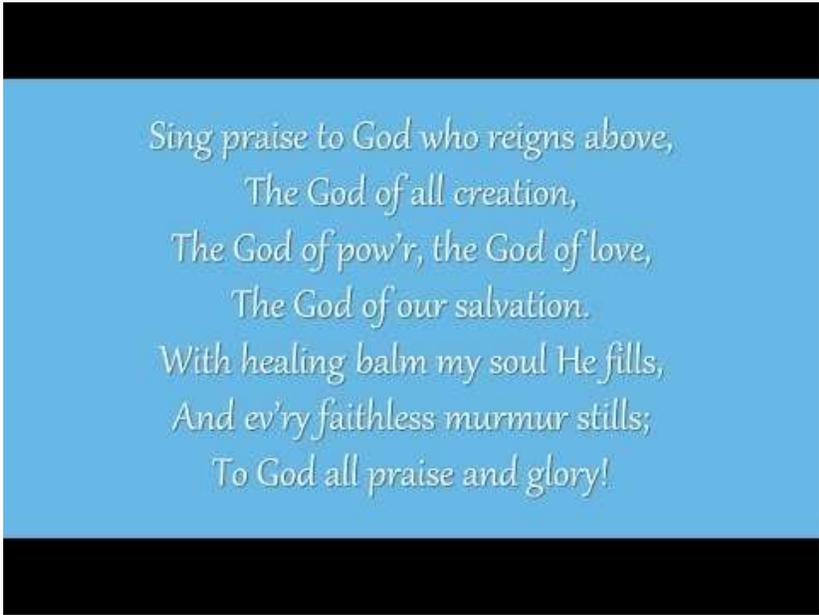
Christ, I pray for the leaders of all levels of governments here in Australia and beyond. May they seek your wisdom and act with integrity, making decisions that will bring equality, peace and integrity to all people and nations. Help me to place my trust in you where and when I feel uncertain and continue to reflect your light and love in times of darkness that lay ahead.

Spirit of the Trinity, I pray for your continual guidance on my path towards my cross. May I share my burdens with the living Christ Jesus with you as my advocate.

As I rejoice in your eternal reign, let me be an instrument of peace and mercy, sharing your goodness with those around me. May my life be a testament to your everlasting love.

In Jesus name I pray, amen.

https://www.youtube.com/watch?v=he4xEmsnQZc&list=RDhe4xEmsnQZc&start_radio=1



*Sing praise to God who reigns above,
The God of all creation,
The God of pow'r, the God of love,
The God of our salvation.
With healing balm my soul He fills,
And ev'ry faithless murmur stills;
To God all praise and glory!*