



ST NINIAN'S UNITING CHURCH

SEPTEMBER 16TH 2026

PRAYERS AND REFLECTION

PSALM 133

The Blessedness of Unity

A Song of Ascents.



¹ How very good and pleasant it is
when kindred live together in unity!
² It is like the precious oil on the head,
running down upon the beard,
on the beard of Aaron,
running down over the collar of his robes.
³ It is like the dew of Hermon,
which falls on the mountains of Zion.
For there the Lord ordained his blessing,
life forevermore.

OPENING PRAYER

Lord of all that was, is and will be, I am here with you asking for a blessing of my heart as I open it to know the love and compassion of my Creator. Your Word tells me to live as part of the Body of Christ, and you promise your blessing where there is love and harmony amongst your people.

As I read the psalm for today may it soften what is harsh in my heart, and strengthen my weaknesses. Teach me to value peace, to speak and act with kindness and love to others. where relationships are strained, bring reconciliation. where there is division, bring unity. Where there's weariness, Lord, renew my joy.

I ask for your Spirit to open my understanding and align my life with your will. May our presence together today be a reflection of a mended broken relationship I have with you. May you command your blessing not just on me, but upon all people. In Jesus' name I pray amen.

PRAYER POINTS OF THANKSGIVING

- Thank God for all the goodness you have received
- Thank God for the answered prayers, even the unexpected answers
- Thank God for each new day and each beautiful thing the day delivers.

PRAYER POINTS OF PRAISE

- Praise God for God's holiness, mercy and compassion to the created world
- Praise God for keeping the promises of hope, and strength
- Praise and worship God for being the God who hears, saves and restores

LORD, I CONFESS

- That I have sometimes resisted Your direction or delayed obedience.
- The times I neglected to pray or worship and my lack of spiritual care.
- That I don't always put my trust in you, I ask for your forgiveness and a renewed faith.

WORDS OF GRACE

In grace, God accepts you, renews you, and calls you to live in love and justice. Go from this time of reflection in peace, confident that you are forgiven and empowered to walk in newness of life.

Amen

REFLECTION

This short psalm helps us to see that unity isn't something that's abstract, but as something that God makes real, '*like oil on the beard of Aaron*' and '*like the dew of Mt Hermon*'. Reading it like this alters how we can think about community. Unity isn't just getting along with each other, it's much more than that, it's a spiritual atmosphere shaped by God's presence.

The psalm begins with a simple, yet hopeful claim. '*How very good and pleasant it is when kindred live together in unity!*' That 'good and pleasant' language has the potential to challenge our assumptions. Often, we can assume unity needs agreement on everything, or that differences must be minimised or none existent. However, we know that isn't possible because we have all been inflicted with the human condition of sin. But psalm 133 suggests unity has a sweetness that comes from God, even while we remain distinct.

The imagery of oil is a reminder of consecration. Oil was used to set someone apart for God's purposes. So perhaps unity isn't just social harmony, it looks more like being aligned with God's heart. When we choose humility over self-protection, patience over quick judgment, and forgiveness over keeping score, we're participating in something very special, and holy.

The dew of Hermon points to something gentle but life-giving. Dew doesn't force its way onto the ground it needs the correct conditions to settle quietly and faithfully. That means unity can begin in small, ordinary choices: listening, speaking truth with kindness, and making room for others.

Finally, the psalm connects unity with blessing 'where' it flows. I'm reminded that the impact of unity reaches beyond a group itself. When we as God's people live together in

unity, it becomes a channel of refreshment and strength. It also becomes our witness to others who are watching us, observing how we 'work' closely with each other for the benefit of others.

Psalm 133 calls all of us to practice unity intentionally always trusting that God's presence makes it possible and that God's blessing will spread beyond my willingness alone.

PRAYER OF INTERCESSION

Lord, you are the giver of every good gift, and you delight in every blessing to your people. I come to you with a heart of grace and gratitude echoing your words of a good and pleasant home of unison.

Lord, pour out your love on all of us as you did for Aaron, setting us apart to fulfill your purposes. Heal the places of division, pridefulness and misunderstanding, bitterness or fear. Where we have withheld forgiveness, teach us to release it. Where we have insisted on our way, give us humility and patience.

Send your Spirit like the dew of Hermon, quiet, faithful, and life-giving. Refresh our homes, our churches, our friendships and communities. Help us to listen well, speak kindly, and seek peace without surrendering truth and integrity. Make unity more than a goal or a four word slogan, make it a heartfelt way for others to know of your presence.

Wherever your people are gathered may your blessing flow freely. Strengthen those who are weary, encourage those who feel unseen, and bring reconciliation to those who are distant from one another. Teach us to honour differences as we stand united bound by our love for You our Creator.

I ask this in the name of Christ my Lord, who brings us into one family. Amen

