



ST NINIAN'S UNITING CHURCH
SEPTEMBER 23rd 2026
PRAYERS AND REFLECTION
PSALM 119:97-104



- ⁹⁷ Oh, how I love your law!
It is my meditation all day long.
- ⁹⁸ Your commandment makes me wiser than my enemies,
for it is always with me.
- ⁹⁹ I have more understanding than all my teachers,
for your decrees are my meditation.
- ¹⁰⁰ I understand more than the aged,
for I keep your precepts.
- ¹⁰¹ I hold back my feet from every evil way,
in order to keep your word.
- ¹⁰² I do not turn away from your ordinances,
for you have taught me.
- ¹⁰³ How sweet are your words to my taste,
sweeter than honey to my mouth!
- ¹⁰⁴ Through your precepts I get understanding;
therefore I hate every false way.

MEDITATIVE PRAYER

Holy God, your word surpasses every pursuit of mine. Teach me to love it as I meditate; give me understanding even when life grows loud and too busy. Let your commandments keep me from walking the wrong paths and confirm my desire for what is right. May your Words be my delight and give me joy, my counselor, and my song. Deliver me from false ways and strengthen my heart to seek your principles and teachings more than another. In Jesus' name, amen.

PRAYER POINTS OF THANKSGIVING

- Thank God for God's word which has more value than my own ambitions and desires
- Thank God for sharing God's wisdom through scripture
- Thank God for peace of knowing God's principles and teachings are reliable and trustworthy
- Thank God for God's kindness in giving me understanding and guidance through the Word.

PRAYER POINTS OF PRAISE

- Praise God for being worthy of deep love for the commandments
- Praise God for the power which upholds the wisdom making the heart wise
- Praise God for providing ways to clarify right, freeing me from being confused.

LORD, I CONFESS

- Forgive me when I have valued 'lesser pursuits' more than the Word of God.
- Forgive me when I've not spent time meditating on the scriptures but plenty of time pursuing other activities.
- Forgive me when I have failed to reject falsehoods and allow God's Wisdom to correct me.

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 is our third week of spending time with the Psalms. Today's Psalm meets us in an honest place. David who is most likely to be the author of the psalm confesses that he values God's Word above his other pursuits, 'Oh how I love your law!' not because life is easy, but because following the scriptures provides him with a steadier path than any other of many distractions seeking his attention. He says that God's commands aren't a burden nor are they trivial as their weighty wisdom takes hold of his heart and mind. Even more, he acknowledges a lived reality and one that we're all familiar with, a constant temptation to drift into 'lesser' interests. Yet he offers a hopeful pattern. He measures his heart against God's truth, not against the chaos that's happening around him.

When we allow ourselves to be distracted, it can feel like any progress we may have made is lost. However, this reading suggests that **hope isn't found in perfection, it's found in returning**. David doesn't just admire God's Word he meditates on it to gain deeper understanding allowing it to correct him. This is a gentle but firm spiritual discipline: each time distraction pulls us elsewhere, we can reorient ourselves by prayer, remembrance, and renewed attention to what God has said.

God's Word gives us more than information; it guards our inner self. David testifies that he's kept from evil because he learns the greatness of God's ways. That means distraction isn't the end of the story, it can become the very moment we turn back, asking God to restore our appetite for God. If God's stories are 'my meditation,' then distraction is only a detour, not a destination.

So, take courage. You're not hopeless because you are distracted. You are being asked to love God's law again, and to let God's instructions shape your steps in every way.

PRAYER POINTS OF INTERCESSION

- Thank God that God's word is trustworthy and full of wisdom
- Pray constantly for a deeper love and understanding of scripture, not just for yourself but for those around you as well.
- Pray for a renewed mind to meditate on God's Word and let them correct your thinking and desires
- Pray for spiritual revival in your church/community, that God's Word would promote wisdom, clarity, and obedience.

A smooth and soft song allowing moments for meditation

