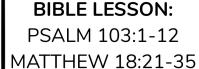


16TH SUNDAY AFTER PENTECOST SUNDAY, SEPTEMBER 17TH, 2023



Read Psalm 103: 1-12

The two opening verses of the Psalm provide reinforcement of our Triune God when the word **Bless** is repeated three times. Children tend to notice patterns and showing them how the Trinity appears repeatedly throughout scripture teaches them to listen for patterns whenever the Word is spoken.

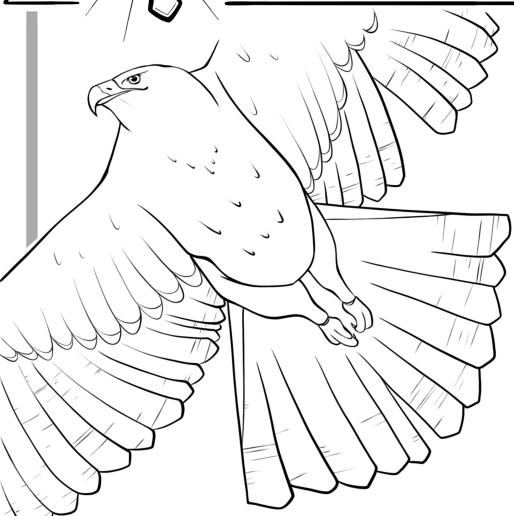
These opening verses can also provide comfort, hearing how God will bless us in all our parts: mind, body, and soul.

In verses 7 and 8 there are liturgical and Old Testament connections that show us just how intertwined our Bible and worship are when we study scripture. The Psalmist quotes the Lord, who spoke to Moses in Exodus 34: 6-7, calling Himself "merciful and gracious, slow to anger and abounding in steadfast love". Here David recalls how God protected Moses and the Israelites and did not hold on to His anger but took their sins (and ours) and sent them farther away than we can physically imagine. David repeats the same words that God used to describe Himself.

Those words may also be familiar from hearing them during the Lenten liturgy following the readings.

As we continue through in this reading from Psalm 103, David reminds us that God wants us to follow His example and share His love with our neighbour. He points out how God not only cares for **us** in **our** body, soul, and mind, but also provides for the needs of others, including "all who are oppressed".

. . .







Read Matthew 18: 21-35

The Gospel reading today can be a good reinforcement or reminder of what we learned at the end of last week's Gospel about loving forgiveness. As we saw in the Psalm from today, God has loved us and all His children from Genesis and Exodus till now. He is "merciful and gracious" and wants us to reflect Him in our actions by sharing His love, by forgiving, and serving others so that they might see God's grace, mercy, and love in us.



Prayer

Let us pray: Dear Father in heaven, thank you for your mercy and for loving all your children. Help us to be loving, and to forgive, especially when it is difficult. In Jesus' name we pray. Amen.

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