

REFLECTION

21st Sunday in Ordinary Time, Year A, August 23rd, 2026

Scripture: Psalm 138

The response to this week's responsorial psalm is, "Your steadfast love, O Lord, endures forever. Do not forsake the work of your hands." This powerful verse expresses the psalmist's gratitude to God for listening to his cries, remaining unwavering in His faithfulness, and offering strength in times of struggle. It inspires us to remember that, even in our most challenging moments, we can confidently place our trust in the Lord's enduring love and support.

The psalm begins with an important statement: "I give you thanks, O Lord, with all my heart." Thanksgiving is more than just something we do when things go smoothly. Sometimes we pray and do not receive an immediate response. We can even doubt whether God is listening. Therefore, the psalmist instructs us to appreciate God's goodness in all circumstances. Looking closely at our lives, we can find many reasons to thank God: life, family, faith, opportunities, protection, forgiveness, etc. Another significant message is found in the words: "When I called, you answered, and you strengthened my soul." God may not always eliminate our issues quickly, but He does provide us with the strength to overcome them. There are times when we need a stronger heart and deeper faith than a change in life. When we are weak or discouraged, God's presence allows us to persevere.

Moreover, there may be times when we feel disappointed, unappreciated, or unclear about the future. Psalm 138 affirms that God has not abandoned us. He strengthens the weak, hears those who call out to Him, and lovingly guides those who put their faith in Him. Let us keep trusting the Lord and thanking Him always.

"The best way to show my gratitude to God is to accept everything, even my problems, with joy." - St. Theresa of Calcutta