

REFLECTION

23rd Sunday in Ordinary Time, Year A, September 6th, 2026

Scripture: Psalm 95

Psalm 95 reads, "O that you would hear the Lord's voice today; Do not harden your hearts." This psalm encourages us to worship joyfully while also honestly examining our conscience. The psalmist emphasizes that worship entails more than just singing; it also includes listening and obedience.

Psalm 95 calls us to worship God with singing, thankfulness, and praise. We praise Him because He is both our creator and our shepherd. Everything we have is ultimately His; hence, worship should be our grateful response to His splendor, sovereignty, and creative might. Sometimes we only come to God when we have a problem—when we are sick, in need, or going through a terrible moment. This psalm tells us that prayer entails more than simply seeking assistance. Before anything else, we are encouraged to recognize God, to thank Him, and to praise Him joyfully. Furthermore, the psalmist states, "Today, listen to his voice." We frequently say, "One day I will change." One day, I will pray more, I will forgive, or I will return to God. But God says Do it today! The grace we need is now available; the opportunity to forgive is now, the opportunity to love is now, and the time to return to God is now.

May the Lord provide us with humble hearts to listen, courage to obey, and joy to praise Him every day. Amen.

"Do not lose your inner peace for anything whatsoever, not even if your whole world seems upset. If you find that you have wandered away from the shelter of God, lead your heart back to Him quietly and simply."

- St. Francis de Sales