



WHAT COMES FIRST?

Reflections for the week

Sunday 13 September 2026
Fifteenth Sunday after Trinity

Galatians 6:7-18

7 Do not be deceived: God cannot be mocked. A man reaps what he sows. **8** Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. **9** Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. **10** Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Not circumcision but the new creation

11 See what large letters I use as I write to you with my own hand!

12 Those who want to impress people by means of the flesh are trying to compel you to be circumcised. The only reason they do this is to avoid being persecuted for the cross of Christ. **13** Not even those who are circumcised keep the law, yet they want you to be circumcised that they may boast about your circumcision in the flesh. **14** May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. **15** Neither circumcision nor uncircumcision means anything; what counts is the new creation. **16** Peace and mercy to all who follow this rule - to the Israel of God.

17 From now on, let no one cause me trouble, for I bear on my body the marks of Jesus.

18 The grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

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Matthew 6:24-34

24 “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

Do Not Worry

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **27** Can any one of you by worrying add a single hour to your life?

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. **29** Yet I tell you that not even Solomon in all his splendour was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you - you of little faith?

31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For the pagans run after all these things, and your heavenly Father knows that you need them.

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

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For Reflection

“But seek first his kingdom and his righteousness.”

Matthew 6:33

Take a little time with Jesus this week and reflect:

- **What comes first in my life?** What most often receives my attention, energy and concern?
- Jesus says, **“Your heavenly Father knows that you need them.”** What am I worrying about at the moment that I need to place into my Father's hands?
- Are there good things - traditions, preferences, security, possessions, even church - that have become too important to me?
- **Do I love the way I worship Jesus more than I love Jesus himself?**
- Paul says, **“What counts is the new creation.”** Where might Jesus be wanting to change something in me?
- What would it look like for me to **seek God's Kingdom first today?**

A simple practice for this week

At the beginning of each day, before becoming caught up in everything that needs doing, pause and pray:

Jesus, you come first today.

**Help me to be with you,
become more like you,
and live your way today.**

Prayer

Jesus,
you know what I need
and you know what I carry.

Forgive me when other things take first place in my life,
even good things that I have allowed to become too important.

Teach me to trust my heavenly Father,
to seek your Kingdom first,
and not to carry tomorrow's worries today.

By your Spirit, make me new.
Help me to be with you,
become like you,
and do what you would have me do.

Jesus, you come first today.

Amen.