

## RESPONDING TO THE PSALMS – February 2021

- a project of the Spirituality Committee of the Bishops' Conference of England and Wales

*The Responsorial Psalm is an integral part of the Liturgy of the Word.*

*You could reflect on a verse for one or two days, and then move onto the next verse.*

*The question/comments that follow each verse of the psalm are for personal reflection*

*Some might be good for sharing with another, or a small group. Some might be too personal.*

*Where the text says WE it can also be rephrased as I.*

---

### The Presentation of the Lord – Feast – 2 February

Psalm 23(24):7-10

*Who is the king of glory? He, the Lord, he is the king of glory.*

O gates, lift high your heads;

grow higher, ancient doors.

Let him enter, the king of glory!

*Reflect on the baby Jesus being carried into the great Jerusalem Temple*

*Do we realise what it means that he is the Son of God, born for us?*

Who is the king of glory?

The Lord, the mighty, the valiant,

the Lord, the valiant in war.

*The child is the Son of the God whom we call all powerful.*

*Is God the most powerful influence in our lives?*

O gates, lift high your heads;

grow higher, ancient doors.

Let him enter, the king of glory!

*How do we welcome Christ into our hearts and our lives?*

Who is he, the king of glory?

He, the Lord of armies,

he is the king of glory.

*God, the Lord of armies, is an image that prompts us to pray for peace.*

*Reflect on the futility of all violence, especially on our streets.*

### 5th Sunday in Ordinary Time

Psalm 146(147):1-6

*Praise the Lord who heals the broken-hearted.*

Praise the Lord for he is good;

sing to our God for he is loving:

to him our praise is due.

*Think about the ways God has good has been recently.*

*Thank him, and praise him.*

The Lord builds up Jerusalem

and brings back Israel's exiles,

he heals the broken-hearted,

he binds up all their wounds.

He fixes the number of the stars;

he calls each one by its name.

*Think about how God is creator of all, including the stars.*

*Ask him to help people you know who are sad, broken hearted.*

Our Lord is great and almighty;

his wisdom can never be measured.

The Lord raises the lowly;

he humbles the wicked to the dust.

*Reflect on what it means for God to be the source of all wisdom.*

*Pray for those who are oppressed, and for a change of heart for the wicked.*

*You are my refuge, O Lord; you fill me with the joy of salvation.*

Happy the man whose offence is forgiven,  
whose sin is remitted.

O happy the man to whom the Lord  
imputes no guilt,  
in whose spirit is no guile.

*God loves us despite our sins and failings.*

*Let us pray for the ability to forgive anyone who has offended us*

But now I have acknowledged my sins;  
my guilt I did not hide.

I said: 'I will confess  
my offence to the Lord.'

And you, Lord, have forgiven  
the guilt of my sin.

*Let's take time to think about our own failings.*

*Pray that God and others will forgive us for our offences*

Rejoice, rejoice in the Lord,  
exult, you just!

O come, ring out your joy,  
all you upright of heart.

*Do we rejoice enough in God's gifts, especially his forgiveness?*

*Rejoice that God has put us right!*

**Ash Wednesday – Day of Devotion**

**Psalm 50(51):3-6,12-14,17**

*Have mercy on us, O Lord, for we have sinned.*

Have mercy on me, God, in your kindness.  
In your compassion blot out my offence.

O wash me more and more from my guilt  
and cleanse me from my sin.

*Lent asks us to reflect on how we are living our baptismal promises.*

*Thank God that in his kindness he forgives our failings as Christians.*

My offences truly I know them;  
my sin is always before me

Against you, you alone, have I sinned;  
what is evil in your sight I have done.

*Ask the Lord to be able to see clearly how we can change our lives*

*Then pray for the strength to do something about it.*

A pure heart create for me, O God,  
put a steadfast spirit within me.

Do not cast me away from your presence,  
nor deprive me of your holy spirit.

*Pray for the gift of steadfastness and perseverance this Lent.*

*Ask to find ways of being more conscious of God's presence daily.*

Give me again the joy of your help;  
with a spirit of fervour sustain me,

O Lord, open my lips  
and my mouth shall declare your praise.

*Think about ways in Lent to increase your fervour for God*

*Pray that will be more committed to your prayer*

**1st Sunday of Lent**

**Psalm 24(25):4-6,7b-9**

*Your ways, Lord, are faithfulness and love for those who keep your covenant.*

Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth, and teach me:

for you are God my saviour.

*Take a few moments to review your life at the moment.*

*Pray for the ability to see yourself with God's eyes.*

Remember your mercy, Lord,

and the love you have shown from of old.

In your love remember me,

because of your goodness, O Lord.

*Think back over how God has shown you love and mercy.*

*Thank God for all the good things of your life*

The Lord is good and upright.

He shows the path to those who stray,

He guides the humble in the right path,

He teaches his way to the poor.

*Ask to see where you are going wrong in your Christian life*

*Pray for the humility to be able to change.*

**2nd Sunday of Lent**

**Psalm 115(116):10,15-19**

*I will walk in the presence of the Lord in the land of the living.*

I trusted, even when I said:

'I am sorely afflicted,'

O precious in the eyes of the Lord

is the death of his faithful.

*Lent is a time to remember the times we have struggled in our lives.*

*Pray for people who are finding it difficult to be faithful to God.*

Your servant, Lord, your servant am I;

you have loosened my bonds.

A thanksgiving sacrifice I make;

I will call on the Lord's name.

*God has stood by us often when we may not have deserved him.*

*Thank God for how he has done that for us and others.*

My vows to the Lord I will fulfil

before all his people,

in the courts of the house of the Lord,

in your midst, O Jerusalem.

*We need to be proud of God's love and our faith.*

*Ask for the confidence to live our Christian life with pride.*

**Acknowledgements**

Excerpts from *The Psalms: A New Translation* © 1963 The Grail (England) published by HarperCollins.

