

RESPONDING TO THE PSALMS – October 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 which has great liturgical and pastoral importance since it fosters meditation on the Word of God.: [GIRM n.61]

In that sense it allows us to keep our minds on the Sunday readings throughout the week if we 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 just personal to you.

Sunday 3 October – TWENTY SEVENTH SUNDAY of ORDINARY TIME – Year B

Responsorial Psalm 127(128)

May the Lord bless us all the days of our life.

O blessed are those who fear the Lord

and walk in his ways!

By the labour of your hands you shall eat.

You will be happy and prosper.

Let us pray asking what way the Lord wants us to walk today

Thank the Lord for the work you are able to do and all who work for you in any way

Your wife like a fruitful vine

in the heart of your house;

your children like shoots of the olive,

around your table.

We pray for God's blessing on marriages and all human relationships

We ask to give good example to young people as they mature

Indeed thus shall be blessed

the man who fears the Lord.

May the Lord bless you from Zion

in a happy Jerusalem

all the days of your life!

May you see your children's children.

On Israel, peace!

We pray God's blessing God for all who have shown us the ways of faith through the years

As we grow older we ask God to strengthen us to support younger people in their development

Sunday 10 October – TWENTY EIGHTH SUNDAY of ORDINARY TIME – Year B

Responsorial Psalm 89(90):12-17

Fill us with your love so that we may rejoice.

Make us know the shortness of our life
that we may gain wisdom of heart.
Lord, relent! Is your anger for ever?
Show pity to your servants.

Pray for wisdom of heart and the courage to put it into practice in daily life
Ask for God's pardon and mercy

In the morning, fill us with your love;
we shall exult and rejoice all our days.
Give us joy to balance our affliction
for the years when we knew misfortune.

Pray for the gift of joy and the ability to make it real for other people
Think of how God has been your strength in times of trouble

Show forth your work to your servants;
let your glory shine on their children.
Let the favour of the Lord be upon us:
give success to the work of our hands.

Stop and wonder at all the work of God in creation
Ask God's inspiration for the work you do today

Sunday 17 October – TWENTY NINTH SUNDAY of ORDINARY TIME – Year B

Responsorial Psalm 32(33):4-5,18-20,22

May your love be upon us, O Lord, as we place all our hope in you.

The word of the Lord is faithful
and all his works to be trusted.
The Lord loves justice and right
and fills the earth with his love.

*Ask to be able to listen more attentively to God's voice and his word in scripture
Pray for all those people and situations where God's justice is not implemented*

The Lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine.

*Pray for a greater reverence for the things of God
Think of the dying, those suffering from famine, and how we can respond.*

Our soul is waiting for the Lord.
The Lord is our help and our shield.
May your love be upon us, O Lord,
as we place all our hope in you.

*Pray for the gift of patience in all your work and relationships
Commit yourself to living confidently with hope in God's love*

Sunday 24 October – THIRTIETH SUNDAY of ORDINARY TIME – Year B

Responsorial Psalm 125(126)

What marvels the Lord worked for us! Indeed we were glad.

When the Lord delivered Zion from bondage,
it seemed like a dream.

Then was our mouth filled with laughter,
on our lips there were songs.

*Think with gratitude of a time when God has indeed helped you out of difficulty
See how you can make today a time of joy, laughter and song*

The heathens themselves said: 'What marvels
the Lord worked for them!'

What marvels the Lord worked for us!
Indeed we were glad.

*Give thanks for the goodness God has shown you in your lifetime
See how you can share happiness with others today*

Deliver us, O Lord, from our bondage
as streams in dry land.

Those who are sowing in tears
will sing when they reap.

*Pray for all those who have no access to water and sanitation
Think how you can help someone in pain or sorrow today*

They go out, they go out, full of tears,
carrying seed for the sowing:
they come back, they come back, full of song,
carrying their sheaves.

*Pray for all who work on the land and serve our needs in different ways
Thank God for the fruits of the harvest and the produce of human labour*

Sunday 31 October – SOLEMNITY of ALL SAINTS

Responsorial Psalm 23(24):1-6

Such are the people who seek your face, O Lord.

The Lord's is the earth and its fullness,
the world and all its peoples.
It is he who set it on the seas;
on the waters he made it firm.

*Look around and contemplate the work of God the creator
Reflect then on what it means for you to be a creature of God*

Who shall climb the mountain of the Lord?

Who shall stand in his holy place?

The man with clean hands and pure heart,
who desires not worthless things.

Take time to wonder at how good God is to bother with us at all

Pray that we will desire those things that are of true worth

He shall receive blessings from the Lord
and reward from the God who saves him.

Such are those who seek him,
seek the face of the God of Jacob.

*Take time to think about one or more of the saints, and how they inspire you
Ask for the grace to grow in holiness like the saints*

Acknowledgements

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