

RESPONDING TO THE PSALMS – July 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.

4 July - FOURTEENTH SUNDAY of ORDINARY TIME - B

Gospel - Mark 6:1-6 'A prophet is only despised in his own country'

Responsorial Psalm

Psalm 122(123)

Our eyes are on the Lord till he shows us his mercy.

To you have I lifted up my eyes,
you who dwell in the heavens;
my eyes, like the eyes of slaves
on the hand of their lords.

Stop and look up at the sky. Let its immensity remind us of God as creator.

Pray to see ways in which you can better serve the God who made us.

Like the eyes of a servant
on the hand of her mistress,
so our eyes are on the Lord our God
till he show us his mercy.

Think about all those who serve us in so many ways in our daily lives.

Thank God for them, and think how you can serve others in return.

Have mercy on us, Lord, have mercy.

We are filled with contempt.

Indeed all too full is our soul
with the scorn of the rich,
with the proud man's disdain.

We can be treated with scorn by other people, but God always shows us mercy.

Let us put our trust in God's mercy on which we can always rely.

11 July – FIFTEENTH SUNDAY of ORDINARY TIME - B

Gospel - Mark 6:7-13 'Take nothing with you'

Responsorial Psalm

Psalm 84(85):9-14

Let us see, O Lord, your mercy, and give us your saving help.

I will hear what the Lord God has to say,
a voice that speaks of peace, peace for his people.

His help is near for those who fear him
and his glory will dwell in our land.

Find a peaceful moment, and a peaceful place. Pray for peace in the world.

Think of people you know who need God's help and pray for them. How can you help them?

Mercy and faithfulness have met;
justice and peace have embraced.

Faithfulness shall spring from the earth
and justice look down from heaven.

Are you merciful? How do you show mercy, or receive it?

Are you faithful to God and others and to yourself? Ask for the gift of faithfulness

The Lord will make us prosper
and our earth shall yield its fruit.

Justice shall march before him
and peace shall follow his steps.

*So many places and people lack justice in today's world. Name such situations and pray for them
War and conflict ravage so many innocent lives today. Pray for all those who suffer to find peace*

18 July – SIXTEENTH SUNDAY of ORDINARY TIME - B

Gospel - Mark 6:30-34 They were like sheep without a shepherd

Responsorial Psalm

Psalm 22(23)

The Lord is my shepherd: there is nothing I shall want.

The Lord is my shepherd;
there is nothing I shall want.

Fresh and green are the pastures
where he gives me repose.

Near restful waters he leads me,
to revive my drooping spirit.

The psalm invites us to acknowledge the rest we can find in God as our shepherd.

Be still and thank God who indeed revives us, gives us new life.

He guides me along the right path;
he is true to his name.

If I should walk in the valley of darkness
no evil would I fear.

You are there with your crook and your staff;
with these you give me comfort.

Think of how you make choices, and ask for the guidance to choose always what is right.

Look back to times which have been dark in your life, and see how God was with you.

You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing.

*The banquet and the cup remind us of God's generosity in the Eucharist. Reflect on that gift.
The anointed head recalls our baptism and confirmation. Renew your commitment.*

Surely goodness and kindness shall follow me
all the days of my life.
In the Lord's own house shall I dwell
for ever and ever.

*Name moments of God's goodness and kindness to you in the past and the present.
Paint the picture in your mind of how you hope to live in the Lord's house for ever in heaven?*

25 July - SEVENTEENTH SUNDAY of ORDINARY TIME - B

Gospel - John 6:1-15 The feeding of the five thousand

Responsorial Psalm

Psalm 144(145):10-11,15-18

You open wide your hand, O Lord, and grant our desires.

All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God.

*How can we help all people to know and thank God for all God has given us?
Stand still and reflect on the almighty power of God.*

The eyes of all creatures look to you
and you give them their food in due time.
You open wide your hand,
grant the desires of all who live.

*God's generosity is without bounds. Think how all we have comes from God.
What is your heart's desire? Ask the Lord to grant your hope.*

The Lord is just in all his ways
and loving in all his deeds.
He is close to all who call him,
who call on him from their hearts.

*How can you imitate God's justice and love in the way you deal with others?
In your heart call on the God who is so close to you asking for all you need.*

Acknowledgements

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