

RESPONDING TO THE PSALMS – May 2022

- 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]

The idea is to take an idea from the psalm for your focus for a day or two, for yourself or shared with others. After each psalm there is space to type or write your own thoughts as a possible personal journal.

"The fifty days from Easter Sunday to Pentecost are celebrated with great exultation as one feast day, or better as one "great Sunday." These above all others are the days for the singing of the Alleluia."

[Ceremonial of Bishops 371.]

THIRD SUNDAY of EASTER SUNDAY - 1 May

Responsorial Psalm - Psalm 29(30):2,4-6,11-13

I will praise you, Lord, you have rescued me.

I will praise you, Lord, you have rescued me
and have not let my enemies rejoice over me.
O Lord, you have raised my soul from the dead,
restored me to life from those who sink into the grave.
Think of a moment when God rescued you and give thanks
Praise God for the way resurrection faith gives you hope

Sing psalms to the Lord, you who love him,
give thanks to his holy name.
His anger lasts a moment; his favour all through life.
At night there are tears, but joy comes with dawn.
Think of your favourite psalm and of a phrase that means something to you.
Thank God for the way he turns our tears into joy in the risen Christ.

The Lord listened and had pity.
The Lord came to my help.
For me you have changed my mourning into dancing:
O Lord my God, I will thank you for ever.
Bring to mind a moment when you turned to God with a problem or troubles.
Reflect on how he brought you through into a new resurrection life.

FOURTH SUNDAY of EASTER - C - 8 May

Responsorial Psalm - Psalm 99(100):1-3,5

We are his people, the sheep of his flock.

Cry out with joy to the Lord, all the earth.

Serve the Lord with gladness.

Come before him, singing for joy.

Take the time to just praise God joyfully in your heart

Decide to do something which is serving God gladly

Know that he, the Lord, is God.

He made us, we belong to him,

we are his people, the sheep of his flock.

Stop and give time to ponder on your favourite image of God

Think of how good it is that by baptism we are part of God's holy Church

Indeed, how good is the Lord,

eternal his merciful love.

He is faithful from age to age.

Reflect on how God was faithful to the Hebrew people throughout the ages

Thank God for the good things you have received from God's love

FIFTH SUNDAY of EASTER - C - 15 May

Responsorial Psalm - Psalm 144(145):8-13a

I will bless your name for ever, O God my King.

The Lord is kind and full of compassion,

slow to anger, abounding in love.

How good is the Lord to all,

compassionate to all his creatures.

Consider God's kindness and compassion in your life and in that of those you love

How will you show God's compassion to others you know?

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,

to make known to men your mighty deeds

and the glorious splendour of your reign.

Reflect on how God has shown the world what is right in human history

How will you make known to others the glory of God?

Yours is an everlasting kingdom;

your rule lasts from age to age.

Take a moment in our busy life to be still and think about God and eternity

How does that perspective impact on the way you live from day to day

SIXTH SUNDAY of EASTER - C - 22 May 2022

Responsorial Psalm - Psalm 66(67):2-3,5-6,8

Let the peoples praise you, O God; let all the peoples praise you.

O God, be gracious and bless us
and let your face shed its light upon us.

So will your ways be known upon earth
and all nations learn your saving help.

Ask God to bless you with grace for the coming days

Pray for those who proclaim the gospel of God's saving help to the nations

Let the nations be glad and exult
for you rule the world with justice.

With fairness you rule the peoples,
you guide the nations on earth.

How do you show God's justice in the way you live your life

Pray for those nations who are not ruled with fairness or justice

Let the peoples praise you, O God;
let all the peoples praise you.

May God still give us his blessing
till the ends of the earth revere him.

Pray for those who try to bring the gospel to those in our country without faith

Ask God's blessing so that our lives will help others revere God

ASCENSION THURSDAY C

Responsorial Psalm Psalm 46(47):2-3,6-9

God goes up with shouts of joy; the Lord goes up with trumpet blast.

All peoples, clap your hands,
cry to God with shouts of joy!

For the Lord, the Most High, we must fear,
great king over all the earth.

Do you ever applaud God for all the gifts we have received?

How do ensure that we proclaim God's goodness by the joy of our lives?

God goes up with shouts of joy;
the Lord goes up with trumpet blast.

Sing praise for God, sing praise,
sing praise to our king, sing praise.

Stop and think how you understand the Ascension of Jesus as his joyful return to the Father

Be still and in your hearts praise God our king

God is king of all the earth,
sing praise with all your skill.

God is king over the nations;
God reigns on his holy throne.

Pray for all people to acknowledge the reign of God in their lives

Pray for the nations where the people suffer because the values of God have been rejected.

SEVENTH SUNDAY of EASTER - C - 29 May

Responsorial Psalm - Psalm 96(97):1-2b,6-7,9

The Lord is king, most high above all the earth.

The Lord is king, let earth rejoice,
the many coastlands be glad.

His throne is justice and right.

Think of all the coastland and places you have visited and marvel at their beauty

Pray that all peoples may be ruled with justice and righteousness

The skies proclaim his justice;
all peoples see his glory.

All you spirits, worship him.

Look at the sky, and be still, thinking of God's immensity

How can we help others see and contemplate God's glory

For you indeed are the Lord
most high above all the earth,
exalted far above all spirits.

How often do we just acknowledge as God as God in our lives

Thank the Most High God for his care for mortal woman and man