**RESPONDING TO THE PSALMS – November 2020**

**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 questions 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’.*

**All Saints – 1 November 2020 : Responsorial Psalm** **Psalm 23(24):1-6**

*Such are the men 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.

*How will I respond personally as I pray to the God of all holiness, our creator?*

*Just stand back and admire the glory of creation.*

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.

*Have we prepared ourselves for our journey as Christians?*

*How do we work to achieve “clean hands and pure hearts”?*

He shall receive blessings from the Lord

 and reward from the God who saves him.

Such are the men who seek him,

 seek the face of the God of Jacob.

*Let us give thanks for the blessings of goodness from God.*

*Let us ask for the ability to see God’s face clearly.*

**Sunday 32A — 8 November 2020 : Responsorial Psalm Psalm 62(63):2-8**

*For you my soul is thirsting, O God, my God.*

O God, you are my God, for you I long;

 for you my soul is thirsting.

My body pines for you

 like a dry, weary land without water.

*How do you picture the God you long to see?*

*When your prayer is a struggle how do you then see God?*

So I gaze on you in the sanctuary

 to see your strength and your glory.

For your love is better than life,

 my lips will speak your praise.

*How is God giving you strength at this time?*

*Stop everything and just praise God for being love that is better than life.*

So I will bless you all my life,

 in your name I will lift up my hands.

My soul shall be filled as with a banquet,

 my mouth shall praise you with joy.

*Think of your age, and how God has been with you every moment you have lived.*

*Give God thanks for the joy who have received in your life.*

On my bed I remember you.

 On you I muse through the night

for you have been my help;

 in the shadow of your wings I rejoice.

*As you go to sleep ask God to keep you safe this and every night*

*Give thanks for the times when God has been your help.*

**Sunday 33A — 15 November 2020 : Responsorial Psalm Psalm 127(128):1-5**

*O blessed are those who fear the Lord.*

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.

*Ask God to show you the way to walk for the rest of the day.*

*Give thanks today for what you eat and how you receive it.*

Your wife will be like a fruitful vine

 in the heart of your house;

your children like shoots of the olive,

 around your table.

*Give thanks for your family and good relationships.*

*Pray for the young that they may be happy and prosper*

*Indeed thus shall be blessed*

*the man who fears the Lord.*

*May the Lord bless you from Zion*

*all the days of your life!*

Bless God for the gift of having faith and what it means.

Ask God to bless you for the rest of your life.

**Christ the King — 22 November 2020 : Responsorial Psalm** **Psalm 22(23):1-3a,5-6**

*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.

*Give thanks for all the good things God has given you.*

*Take a moment of repose and just be at peace.*

Near restful waters he leads me,

 to revive my drooping spirit.

He guides me along the right path;

 he is true to his name.

*Think about a moment when faith has lifted your spirits*

*Ask for guidance for the right path ahead today*

You have prepared a banquet for me

 in the sight of my foes.

My head you have anointed with oil;

 my cup is overflowing.

*Rejoice in the banquet that is the eucharist we share*

*Enjoy the fact that you are anointed as a Christian.*

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.

*Pray to share God’s goodness and kindness with others.*

*Savour a moment in a church or sacred space, the House of the King.*

**Advent 1 B — 29 November 2020 : Responsorial Psalm Psalm 79(80):2-3,15-16,18-19**

*God of hosts, bring us back; let your face shine on us and we shall be saved.*

O shepherd of Israel, hear us,

shine forth from your cherubim throne.

O Lord, rouse up your might,

 O Lord, come to our help.

*As Advent begins pray for the strength to hear the voice of the shepherd, who is God.*

*With hope ask God to help you find new meaning for this Advent.*

God of hosts, turn again, we implore,

 look down from heaven and see.

Visit this vine and protect it,

 the vine your right hand has planted.

*Implore God to look and bring peace to a particular person or a nation this Advent*

*Ask God to be with and to protect the Church in these days of Advent.*

May your hand be on the man you have chosen,

 the man you have given your strength.

And we shall never forsake you again;

 give us life that we may call upon your name.

*Pray for the Pope and the Bishops to have the strength they need in these times.*

*Pray for all Christians that they may have hope as they call on God’s name.*