RESPONDING TO THE PSALMS – NOVEMBER 2024

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

“The Church already possesses a symphony of prayer, whose composer is the Holy Spirit, and it is the Book of Psalms. As in any symphony, it contains various “movements”, that is, various genres of prayer: praise, thanksgiving, supplication, lamentation, narration, sapiential reflection, and others, both in the personal form and in the choral form of the whole people. These are the songs that the Spirit himself has placed on the lips of the Bride, His Church. They reflect, at times, a historical situation and a religious mentality that are no longer our own. This does not mean that they are not inspired, but in certain aspects they are linked to a time and a temporary stage of revelation, as is also the case with a large part of ancient legislation. What most commends the Psalms to our attention is that they were the prayer of Jesus, Mary, the Apostles and all the Christian generations that have preceded us. When we recite them, God listens to them with that grandiose “orchestration” that is the community of saints. Jesus, according to the Letter to the Hebrews, enters into the world with a verse from a Psalm in His heart: “Lo, I have come to do thy will, O God” (cf. *Heb* 10:7; *Ps* 40:9), and He leaves the world, according to the Gospel of Luke, with another verse on His lips: “Father, into thy hands I commit my spirit” (*Lk* 23:46, cf. *Ps* 31:6).”

Pope Francis 19 June 2024

We will move into Advent praying a new translation of the psalms in our liturgy, the Abbey psalms, as well as using the English Standard version for our rdings. The changes may not be so obvious but the differences will give us a chance to reflect from a new perspective. What will the new wording mean for you?

We offer the Sunday Responsorial Psalm as a focus for prayer and reflection during the week ahead for yourself or share with others. You could note your own thoughts as a possible personal journal.

**Acknowledgements**

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

DECEMBER 2024

Friday 1 November Solemnity of ALL SAINTS

Sunday 3 November 31st Sunday of the Year B

Sunday 10 November 32nd Sunday of the Year B

Sunday 17 November 33rd Sunday of the Year B

Sunday 24 November SOLEMNITY of CHRIST the KING

**Friday 1 November 2024 All Saints - Solemnity**

**Responsorial Psalm** Psalm 23(24):1-6

SUCH ARE THE MEN [THOSE] 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.

*To be holy means we must first pray to acknowledge the greatness of God, the Creator*

*We acknowledge that he has put the world into our stewardship. Let us pray to care for it well*

Who shall climb the mountain of the Lord?

Who shall stand in his holy place?

The man [woman] with clean hands and pure heart,

who desires not worthless things.

*We stand with amazement that the great God calls us to be close to him, to be in his holy presence*

*We pray for purity of life, and the abilty to discern what is good always*

He [she]shall receive blessings from the Lord

and reward from the God who saves him.

Such are the men [people] who seek him,

seek the face of the God of Jacob.

*Give thanks to God for all blessings and gifts God has given you*

*Pray for that all the people of the world may come to know Christ and find true holiness*

**Sunday 3 November 2024 31st Sunday in Ordinary Time**

**Responsorial Psalm** Psalm 17(18):2-4,47,51

I LOVE YOU, LORD, MY STRENGTH.

I love you, Lord, my strength,

my rock, my fortress, my saviour.

*When you say you love God how does it affect the way you live your faith?*

*Contemplate what the words – strength, rock, fortress, saviour – mean in the way you live and believe*

My God is the rock where I take refuge;

my shield, my mighty help, my stronghold.

The Lord is worthy of all praise,

when I call I am saved from my foes.

*Think again of the words – rock, shield, help, stronghold. How do you offer God’s comfort to others?*

*Give God praise for the times he has kept you safe from anything that could have brought you down*

Long life to the Lord, my rock!

Praised be the God who saves me,

He has given great victories to his king

and shown his love for his anointed.

*God loved the world so much he sent his Son, the Christ, the anointed One for us. Thank him.*

*God has shown us, his anointed ones in baptism, so much love. How do share that with God’s world?*

**Sunday 10 November 2024 32nd Sunday in Ordinary Time**

**Responsorial Psalm** Psalm 145(146):7-10

MY SOUL, GIVE PRAISE TO THE LORD.

It is the Lord who keeps faith for ever,

who is just to those who are oppressed.

It is he who gives bread to the hungry,

the Lord, who sets prisoners free.

*Thank God for his faithfulness to you throughout your life*

*Pray that the oppressed, the hungry, the prisoner will know God’s strength and your care*

It is the Lord who gives sight to the blind,

who raises up those who are bowed down.

It is the Lord who loves the just,

the Lord, who protects the stranger.

*Pray for the blind, the bowed down, the stranger, to have God’s strength in their struggles*

*Pray for you to discern what is just and right*

The Lord upholds the widow and orphan

but thwarts the path of the wicked.

The Lord will reign for ever,

Zion’s God, from age to age.

*Think about the needs of the widow, the orphan, all who have no one to support them*

*Pray for the ability to see what you can do to build up God’s kingdom*

**Sunday 17 November 2024 33rd Sunday in Ordinary Time**

**Responsorial Psalm** Psalm 15(16):5,8-11

PRESERVE ME, GOD, I TAKE REFUGE IN YOU.

O Lord, it is you who are my portion and cup;

it is you yourself who are my prize.

I keep the Lord ever in my sight:

since he is at my right hand, I shall stand firm.

*Thank God that he is indeed the centre of your life, your portion, cup and prize*

*Take a moment to refocus on your God who is at your right hand,*

And so my heart rejoices, my soul is glad;

even my body shall rest in safety.

For you will not leave my soul among the dead,

nor let your beloved know decay.

*Express your gladness and joy that God has shared his life and love with you*

*Thank God that he keeps us safe here and invites us to hope for eternal life*

You will show me the path of life,

the fullness of joy in your presence,

at your right hand happiness for ever.

*Ask God to see clearly how to walk his path with joy in this life*

*Pray that you and all you care for will be able to join him in the happiness of heaven*

**Sunday 21 November 2024 Christ the King - Solemnity**

**Responsorial Psalm** Psalm 92(93):1-2,5

THE LORD IS KING, WITH MAJESTY ENROBED.

The Lord is king, with majesty enrobed;

the Lord has robed himself with might,

he has girded himself with power.

*Reflect on how God is more powerful than any human, earthly or cosmic force*

*Thank God that still we can be in a personal relationship with him*

The world you made firm, not to be moved;

your throne has stood firm from of old.

From all eternity, O Lord, you are.

*Thank God for the gift of creation and pray for all who are caring for our planet*

*Reflect on how we are but one small moment of an immense history which all belongs to God*

Truly your decrees are to be trusted.

Holiness is fitting to your house,

O Lord, until the end of time.

*Thank God that we can put our complete trust in him*

*In return pray that we will deepen our commitment to live holy lives for him and others*