

RESPONDING TO THE PSALMS – October 2025

a project of the Spirituality Committee of the Bishops' Conference of England and Wales

We offer the Sunday Responsorial Psalm as a focus for prayer and reflection during the week ahead for yourself or to share with others.

You could note your own thoughts as a possible personal journal.

We continue to celebrate the Year of Jubilee, the Holy Year, as Pilgrims of Hope, and join with all who journey to Rome for the different Jubilee gatherings.

This month concludes the Season of Creation which Pope Francis and now Pope Leo commend to us.

“Be mindful then of these angelic princes when you go to pray or sing the psalms; stand with disciplined reverence and be proud that your angels continuously see the face of the Father. Since they are all spirits whose work is service, sent to help those who will be the heirs of salvation, they bear our prayers to God in heaven and return laden with graces for us. Let us make use of the service of those in whose company our lot is cast, that by the mouths of children and babes in arms praise may be made perfect. Let us invite them: ‘Sing praises to God, sing praises!’ And let us hear them in turn responding: ‘Sing praises to our king, sing praises!’ Joined therefore as you are in songs of praise with heaven’s own singers, since you too are citizens like all the saints, and part of God’s household, sing wisely. As food is sweet to the palate, so does a psalm delight the heart. But the soul that is sincere and wise will not fail to chew the psalm with the teeth as it were of the mind.”

Bernard of Clairvaux – Sermon on the Song of Songs 7:4,5

October 2025

Sunday 5 October 2025 **27th Sunday in Ordinary Time – Year C**

Sunday 12 October 2025 **28th Sunday in Ordinary Time – Year C**

Sunday 19 October 2025 **29th Sunday in Ordinary Time – Year C**

Sunday 26 October 2025 **30th Sunday in Ordinary Time – Year C**

Sunday 5 October 2025 27th Sunday in Ordinary Time

Responsorial Psalm

Ps 95(94):1-2. 6-7b. 7c-9. ~~R~~7c, 8a

O THAT TODAY YOU WOULD LISTEN TO HIS VOICE!
'HARDEN NOT YOUR HEARTS.'

Come, let us ring out our joy to the LORD;

hail the rock who saves us.

Let us come into his presence, giving thanks;

let us hail him with a song of praise.

Pray for different ways that will encourage others to find joy in knowing God

Pray for the ability to share with others why we need to give thanks to God

O come; let us bow and bend low.

Let us kneel before the LORD who made us,

for he is our God, and we the people,

the people of his pasture, the flock of his hand.

Find different moments during the day to pray humbly before God

Reflect what it means for us to belong as a member of God's people

O that today you would listen to his voice!

'Harden not your hearts as at Meribah,

as on that day at Massah in the desert

when your forebears put me to the test;

when they tried me, though they saw my work.'

Reflect on the times we as God's people, his Church, have not listened to his voice

Pray for the gift of showing others how to praise God with joy

Sunday 12 October 2025 28th Sunday in Ordinary Time

Responsorial Psalm

Ps 98(97):1. 2-3b. 3c-4. **R**1a

THE LORD HAS SHOWN HIS SALVATION TO THE NATIONS.

O sing a new song to the LORD,
for he has worked wonders.
His right hand and his holy arm
have brought salvation.

*Thank God that every day is a new beginning, a chance to follow the gospel more closely
Thank God for the good things he has done for us in recent days*

The LORD has made known his salvation,
has shown his deliverance to the nations.
He has remembered his merciful love
and his truth for the house of Israel.

*Pray that God will bring peace and comfort to all places of conflict and distress
Pray for the Jewish people throughout the world as daughters and sons of Abraham and Sarah*

All the ends of the earth have seen
the salvation of our God.
Shout to the LORD, all the earth;
break forth into joyous song,
and sing out your praise.

*Reflect on the good experiences that God offers to so many people in today's world
Ask for the ability to share joyfully your appreciation of God with other people*

Sunday 19 October 2025 29th Sunday in Ordinary Time

Responsorial Psalm

Ps 121(120):1-2. 3-4. 5-6. 7-8. **R** cf. 2

OUR HELP IS IN THE NAME OF THE LORD,
WHO MADE HEAVEN AND EARTH.

I lift up my eyes to the mountains;
from where shall come my help?
My help shall come from the LORD,
who made heaven and earth.

*Name in your prayer whatever you need most from God today
Thank God for the ways he has helped you in your life until now*

He will keep your foot from stumbling.
Your guard will never slumber.
No, he sleeps not nor slumbers,
Israel's guard.

*Think about the mistakes you have managed to avoid in your life
Thank God for his presence with you in times of struggle and difficulty*

The LORD your guard, the LORD your shade
at your right hand.

By day the sun shall not smite you,
nor the moon in the night.

*Thanking God for your safety, pray for people who feel unsupported
Pray for people who wake to a new day with no confidence in their future*

The LORD will guard you from evil;
he will guard your soul.

The LORD will guard your going and coming,
both now and for ever.

*Thank God for the way he has guarded you from evil
Ask God simply to walk with you for the rest of your days*

Sunday 26 October 2025 30th Sunday in Ordinary Time

Responsorial Psalm

Ps 34(33):2-3. 17-18. 19, 23. **R**7a

THE LOWLY ONE CALLED, AND THE LORD HEARD HIM.

I will bless the LORD at all times,
praise of him is always in my mouth.

In the LORD my soul shall make its boast;
the humble shall hear and be glad.

*Try to stop often during this day and acknowledge God's presence and goodness
In the evening look back over the day and name in prayer all that God has done for you*

The LORD turns his face against the wicked
to cut off their remembrance from the earth.
When the just one cries out, the LORD hears,
and rescues him in all his distress.

*Pray for those who do evil, who cause suffering, to change their hearts
Pray for the oppressed and overburdened that God will give them rest and comfort*

The LORD is close to the broken-hearted;
those whose spirit is crushed he will save.
The LORD ransoms the souls of his servants.
All who trust in him shall not be condemned.

*Pray for all who feel their life has no value or future that God will lift their spirits
Pray for all who are in any form of slavery to trust that God will set them free*