

# RESPONDING TO THE PSALMS – September 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 also begins the Season of Creation which Pope Francis and now Pope Leo commend to us.*

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“The theme of this World Day of Prayer for the Care of Creation, chosen by our beloved [Pope Francis](#), is “Seeds of Peace and Hope”. On the tenth anniversary of the establishment of this Day of Prayer, which coincided with the publication of the Encyclical [Laudato Si'](#), we find ourselves celebrating the present Jubilee as “Pilgrims of Hope.” This year’s theme thus appears most timely.

In proclaiming the Kingdom of God, Jesus often used the image of the seed. As the time of his Passion drew near, he applied that image to himself, comparing himself to the grain of wheat that must die in order to bear fruit (cf. Jn 12:24). Seeds are buried in the earth, and there, to our wonder, life springs up, even in the most unexpected places, pointing to the promise of new beginnings. We can think, for example, of flowers springing up on our roadsides from seeds that landed up there almost by chance. As those flowers grow, they brighten the grey tarmac and even manage to break through its hard surface.

In Christ, we too are seeds, and indeed, “seeds of peace and hope.” The prophet Isaiah tells us that the Spirit of God can make an arid and parched desert into a garden, a place of rest and serenity. In his words, “a spirit from on high will be poured out on us, and the wilderness will become a fruitful field, and the fruitful field a forest. Then justice will dwell in the wilderness, and righteousness abide in the fruitful field. The work of righteousness will be peace, and the work of righteousness, quietness and trust forever. My people will abide in a peaceful habitation, in secure dwellings, and in quiet resting places” (Is 32:15-18).

These words of the prophet will accompany the “Season of Creation,” an ecumenical initiative to be celebrated from 1 September to 4 October 2025. They remind us that, together with prayer, determination and concrete actions are necessary if this “caress of God” is to become visible to our world (cf. *Laudato Si'*, 84). *Leo XIV – Message for the World Day of Prayer for the Care of Creation*

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## September 2025

**Sunday 7 September 2025**

**23rd Sunday in Ordinary Time – Year C**

**Sunday 14 September 2025**

**Exaltation of the Holy Cross**

**Sunday 21 September 2025**

**25th Sunday in Ordinary Time – Year C**

**Sunday 28 September 2025**

**26th Sunday in Ordinary Time – Year C**

## Sunday 7 September 2025 23rd Sunday in Ordinary Time

### Responsorial Psalm

Ps 90(89):3-4. 5-6. 12-13. 14, 17. R1

*O LORD, YOU HAVE BEEN OUR REFUGE,  
FROM GENERATION TO GENERATION.*

You turn man back to dust,  
and say, 'Return, O children of Adam.'  
To your eyes a thousand years  
are like yesterday, come and gone,  
or like a watch in the night.

*Take a moment to stop and reflect where you are at this moment in the light of the whole of human history  
Thank God for his caring relationship with you as an individual human among so many people in the world*

You sweep them away like a dream,  
like grass which is fresh in the morning.  
In the morning it sprouts and is fresh;  
by evening it withers and fades.

*Thank God for the people who have inspired you now and throughout history for all their contributions  
Pray for all those people who have been significant in your life who have died and commend them to God*

Then teach us to number our days,  
that we may gain wisdom of heart.  
Turn back, O LORD! How long?  
Show pity to your servants.

*Look back over your life to name and thank God for the moments of wisdom he has given you  
Think then of the times for which you needed or still need to ask for his pardon and strength*

At dawn, fill us with your merciful love;  
we shall exult and rejoice all our days.  
Let the favour of the LORD our God be upon us;  
give success to the work of our hands.  
O give success to the work of our hands.

*Ask God to help you share the love he has given you to help other people  
Pray for God's blessing on the work and projects you have ahead of you today and this week*

## Sunday 14 September 2025 The Exaltation of the Holy Cross - Feast

### Responsorial Psalm

Ps 78(77):1-2. 34-35. 36-37. 38. *R* cf. 7b

*NEVER FORGET THE DEEDS OF THE LORD!*

Give ear, my people, to my teaching;  
incline your ear to the words of my mouth.  
I will open my mouth in a parable  
and utter hidden lessons of the past.

*Reflect on the Carthusian motto: 'The Cross stands still in a turning world' – how is it God's parable for you?  
What lessons has the Cross of Christ taught you in your lifetime?*

When he slew them, then they sought him,  
repented and earnestly sought God.  
They would remember that God was their rock,  
God the Most High their redeemer.

*Pray for all who are persecuted for their Christian faith, for defending the truth, at the present time  
Pray for people who want security of faith in God but find it difficult*

Yet they deceived him with their mouths;  
they lied to him with their tongues.  
For their hearts were not steadfast towards him;  
they were not faithful to his covenant.

*Pray for those who have abandoned their Christian faith for any reason to find it again  
Pray for people who struggle to live the faith and find their lives in conflict with the truth.*

Yet he who is full of compassion  
forgave them their sin and spared them.  
So often he held back his anger,  
and did not stir up all his rage.

*Thank God for his compassion to us when we have sinned and failed to live the truth of the Cross  
Pray to be able to share God's compassion with others you meet*

**Sunday 21 September 2025 25th Sunday in Ordinary Time**

**Responsorial Psalm**

Ps 113(112):1-2. 4-6. 7-8. *R.* cf. 1a, 7b

*PRAISE THE LORD, WHO RAISES THE POOR.*

Praise, O servants of the LORD,  
praise the name of the LORD!  
May the name of the LORD be blest  
both now and for evermore!

*Take time to think about what place praising God has in your prayer life  
How do you use the names of God in your prayer? Do you say "God bless you" to others often enough?*

High above all nations is the LORD,  
above the heavens his glory.  
Who is like the LORD, our God,  
who dwells on high,  
who lowers himself to look down  
upon heaven and earth?

*Take time to think about the sheer immensity of God and how we reflect on that each day  
Reflect on God's humility in becoming truly human in Christ and then offering himself on the cross*

From the dust he lifts up the lowly,  
from the ash heap he raises the poor,  
to set them in the company of princes,  
yes, with the princes of his people.

*Pray for people who are struggling with poverty, trying to make ends meet. Think of how you can help  
Pray for all those who have power and influence to relieve poverty and to work for the common good*

**Sunday 28 September 2025 26th Sunday in Ordinary Time**

**Responsorial Psalm**

Ps 146(145): 7. 8-9a. 9b-10. ~~R~~5a

*MY SOUL, GIVE PRAISE TO THE LORD.*

It is the LORD who does justice to those who are oppressed.  
It is he who gives bread to the hungry,  
the LORD who sets prisoners free.

*Pray for all who are oppressed by unjust regimes that they will have strength and find justice  
Pray for all who are in prison, for all who work in the prison and courts service, for all volunteer helpers*

It is the LORD who opens the eyes of the blind,  
the LORD who raises up those who are bowed down.  
It is the LORD who loves the just,  
the LORD who protects the stranger.

*Pray for all who suffer physical blindness and those who are blind to the needs of others  
Pray for all who feel marginalised, for asylum seekers, and all who try to support them*

The LORD upholds the orphan and the widow,  
but thwarts the path of the wicked.

The LORD will reign for ever,  
your God, O Sion, from age to age.

*Pray for all who suffer loneliness and isolation in today's society, those who have lost spouses, parents  
Pray for God's inspiration to do what we can to promote good and prevent evil where we live and work*