

RESPONDING TO THE PSALMS – January 2026

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.

As we begin a new year we take the opportunity to renew our commitment to living our Christian Catholic faith in the service of the gospel for the Church, our neighbour and the world which is our common home.

The Sunday of the Word of God reminds us of the great gift we have in the scriptures for which we must be constantly grateful to the Lord. There is a handbook of resources for the celebration available to download: www.evangelizatio.va/content/pcpne/en/attivita/parola/2026/sussidio.html

Pope Leo's Message for the World Day of Peace 1 January 2026 – extract

Dear brothers and sisters, whether we have the gift of faith or feel we lack it, let us open ourselves to peace! Let us welcome it and recognize it, rather than believing it to be impossible and beyond our reach. Peace is more than just a goal; it is a presence and a journey. Even when it is endangered within us and around us, like a small flame threatened by a storm, we must protect it, never forgetting the names and stories of those who have borne witness to it. Peace is a principle that guides and defines our choices. Even in places where only rubble remains, and despair seems inevitable, we still find people who have not forgotten peace. Just as on the evening of Easter Jesus entered the place where his disciples were gathered in fear and discouragement, so too the peace of the risen Christ continues to pass through doors and barriers in the voices and faces of his witnesses. This gift enables us to remember goodness, to recognize it as victorious, to choose it again, and to do so together

Sunday 4 January

Second Sunday of Christmas

Sunday 11 January

Feast of the Baptism of the Lord

Sunday 18 January

Second Sunday of Ordinary Time

Sunday 25 January

**Third Sunday of Ordinary Time
Sunday of the Word of God**

Responsorial Psalm

Ps 147: 12-13. 14-15. 19-20. R12a

THE WORD BECAME FLESH AND DWELT AMONG US.

O Jerusalem, glorify the LORD!

O Sion, praise your God!

He has strengthened the bars of your gates;

he has blessed your children within you.

We thank God for blessing us with the gift of his Son so that we can hear God's own voice

We praise God for blessing us with his Son made flesh so that all human life is made holy

He established peace on your borders;

he gives you your fill of finest wheat.

He sends out his word to the earth,

and swiftly runs his command.

We ask for ways in which we can bring the peace of the Christ child to others and to the world.

We pray for the Spirit to help us listen more closely to Christ as the Word made flesh

He reveals his word to Jacob;

to Israel, his decrees and judgements.

He has not dealt thus with other nations;

he has not taught them his judgements.

We thank God for the gift of his word and pray we will use it to shape our lives

We pray that more people will hear and live by the words of the gospel of Christ

Responsorial Psalm

Ps 29(28):1-2. 3ac-4. 3b, 9b-10. R11b

THE LORD WILL BLESS HIS PEOPLE WITH PEACE.

Ascribe to the LORD, you heavenly powers,
ascribe to the LORD glory and strength.

Ascribe to the LORD the glory of his name;
bow down before the LORD, majestic in holiness.

*We stand/kneel in awe of the power and majesty of our God acknowledging his greatness
We pray that we may share in his holiness*

The voice of the LORD upon the waters,
the LORD on the immensity of waters;
the voice of the LORD full of power;
the voice of the LORD full of splendour.

*We thank God for blessing us with the gift of creation and that we will care for it as stewards
We pray that we will listen to his voice and do as he asks of us*

The God of glory thunders;
in his temple they all cry, 'Glory!'
The LORD sits enthroned above the flood;
the LORD sits as king for ever.

*We stop and simply give glory to our great God – it is there in our prayers
"Glory be to the Father...", "Glory to God in the highest..."
We pray for God to give peace to all places of war and conflict*

Responsorial Psalm

Ps 40(39):2, 4ab. 7-8a. 8b-9. 10. ~~11~~8a, 9a

BEHOLD, I HAVE COME, LORD, TO DO YOUR WILL.

I waited, I waited for the LORD,
and he stooped down to me;
he heard my cry.

He put a new song into my mouth,
praise of our God.

Be still and wait on the Lord, to hear what he has to say

Pray a prayer of praise to our God

You delight not in sacrifice and offering,
but in an open ear.

You do not ask for holocaust and sin offering.

Then I said, 'Behold, I have come.'

Pray again for a listening ear to what God has to say to you through scripture, through others

Pray the words of the psalm in response – place yourself in the presence of the Lord

In the scroll of the book it stands written of me:

'I delight to do your will, O my God;
your instruction lies deep within me.'

Commit yourself to doing God's will more readily

Pray that you will be open to God's instructions for your life

Your uprightness I have proclaimed
in the great assembly.

My lips I have not sealed;
you know it, O LORD.

Pray that you will have the courage to speak openly about your faith

Pray for the right words and manner as you do so that others may appreciate the truth of the gospel

Responsorial Psalm

Ps 27(26):1. 4. 13-14. R1a

THE LORD IS MY LIGHT AND MY SALVATION.

The LORD is my light and my salvation;
whom shall I fear?

The LORD is the stronghold of my life;
whom should I dread?

Meditate on what these words mean to your faith: light, salvation, stronghold

Pray that your faith will always be your strength and confidence when you are struggling

There is one thing I ask of the LORD,
only this do I seek:

to live in the house of the LORD

all the days of my life,

to gaze on the beauty of the LORD,

to enquire at his temple.

Thank God for the gift of our churches and other places which enable us to be close to the Lord

Ask for guidance to live in our daily lives with our focus always on the presence of God

I believe I shall see the LORD's goodness
in the land of the living.

Wait for the LORD; be strong;

be stout-hearted and wait for the LORD!

Pray that we will shape our lives for God and others so that one day we will know heaven

Pray to have the right response to live as pilgrims on this earth, waiting for the Lord.

