

RESPONDING TO THE PSALMS – March 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 continue our Lenten journey it would be good to stop and think what does this season mean to us and how we use it as a time of grace.

Pope Leo, in his Lenten message this year writes;

Every path towards conversion begins by allowing the word of God to touch our hearts and welcoming it with a docile spirit. There is a relationship between the word, our acceptance of it and the transformation it brings about. For this reason, the Lenten journey is a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ, accompanying him on the road to Jerusalem, where the mystery of his passion, death and resurrection will be fulfilled.

Sunday 1 March

Second Sunday of Lent

[St David, patron of Wales]

Sunday 8 March

Third Sunday of Lent

Sunday 15 March

Fourth Sunday of Lent – Laetare Sunday

Mothering Sunday

[Tuesday 17 March

St Patrick, patron of Ireland]

[Thursday 19 March

Solemnity of St Joseph, patron of the universal Church]

Sunday 22 March

Fifth Sunday of Lent

[Wednesday 25 March

Solemnity of the Annunciation of the Lord]

Sunday 29 March

Passion Sunday of the Palms

Sunday 1 March 2026 2nd Sunday of Lent

Responsorial Psalm

Ps 33(32):4-5. 18-19. 20, 22. R5b

MAY YOUR MERCIFUL LOVE BE UPON US, AS WE HOPE IN YOU, O LORD.

The word of the LORD is upright,
and all his works to be trusted.

The LORD loves justice and right,
and his merciful love fills the earth.

We ask that in Lent we become more open to the word of God

Pray to show God's justice and merciful love to others by the way we respond to them

Yes, the LORD's eyes are on those who fear him,
who hope in his merciful love,
to rescue their soul from death,
to keep them alive in famine.

Pray for people who have lost hope in God and in their own lives

Pray for all who suffer starvation and think how you might help them

Our soul is waiting for the LORD.

He is our help and our shield.

May your merciful love be upon us,
as we hope in you, O LORD.

Take a quiet moment and reflect on what it means for God to be your help and shield

Pray for a deeper hope in the Lord's love for you

Sunday 8 March 2026 3rd Sunday of Lent

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 to be more joyful towards God and other people

Express your gratitude to God and be more grateful to those around you

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.

Try to show a deeper humility towards the Lord.

Ask for the grace to value other people in your life more positively

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 and issues where you have resisted God's will

Pray for the people whom you have ignored or cold-shouldered in any way

Sunday 15 March 2026 4th Sunday of Lent (Laetare Sunday)

Responsorial Psalm

Ps 23(22):1-3a. 3b-4. 5. 6. **R**1

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.

Near restful waters he leads me;
he revives my soul.

Thank God for ways in which he cares for you

Pray to be able to give repose and rest to people who need it

He guides me along the right path,
for the sake of his name.

Though I should walk in the valley of the shadow of death,
no evil would I fear, for you are with me.

Your crook and your staff will give me comfort.

Thank God for ways in which he has been beside you in troubled times

Pray to be able to give people comfort when they are upset

You have prepared a table before me
in the sight of my foes.

My head you have anointed with oil;
my cup is overflowing.

Thank God for the gift of the sacraments in your life

Pray to be able to share what you have with those in need

Surely goodness and mercy shall follow me
all the days of my life.

In the LORD's own house shall I dwell
for length of days unending.

Thank God for promise of heaven

Pray to be able to give people hope who find life pointless

Sunday 22 March 2026 5th Sunday of Lent

Responsorial Psalm

Ps 130(129):1-2. 3-4. 5-6b. 6c-8. ~~R~~7bc

WITH THE LORD THERE IS MERCY, IN HIM IS PLENTIFUL REDEMPTION.

Out of the depths I cry to you, O LORD;
Lord, hear my voice!

O let your ears be attentive
to the sound of my pleadings.

Reflect gratefully on the times when God has been with you in your troubles

Ask to always be ready to listen to people who need you to give them time

If you, O LORD, should mark iniquities,
Lord, who could stand?

But with you is found forgiveness,
that you may be revered.

Make an examination of conscience

Ask God to forgive your sins

I long for you, O LORD,
my soul longs for his word.

My soul awaits the Lord
more than watchmen for daybreak.

Ask God to help you deepen your appreciation of his Word

Pray for all people who have to work through the night hours to serve us

More than watchmen for daybreak,
let Israel hope for the LORD.

For with the LORD there is mercy,
in him is plentiful redemption.

It is he who will redeem Israel
from all its iniquities.

Pray to deepen your virtue of hope

Pray for peace for the Holy Land and all who work for peace there

Sunday 29 March 2026 Passion Sunday of the Palms

Responsorial Psalm

Ps 22(21):8-9. 17-18a. 19-20. 23-24. R2a

MY GOD, MY GOD, WHY HAVE YOU FORSAKEN ME?

All who see me deride me;
they curl their lips, they toss their heads:
'He trusted in the LORD, let him save him;
let him release him, for in him he delights.'

Pray to make this a truly holy week for your yourself and all you know

Pray for all who suffer in any way that they may know the presence of God with them

For dogs have surrounded me;
a band of the wicked besets me.
They tear holes in my hands and my feet;
I can count every one of my bones.

Pray for all who are being tortured and imprisoned unjustly throughout the world

Pray for all who are suffering from malnutrition and deprivation of any kind

They divide my clothing among them,
they cast lots for my robe.

But you, O LORD, do not stay afar off;
my strength, make haste to help me!

Pray for the homeless and all who struggle to make ends meet

Thank God that you feel his presence with you

I will tell of your name to my kin,
and praise you in the midst of the assembly;
'You who fear the LORD, give him praise;
all descendants of Jacob, give him glory;
revere him, all you descendants of Israel.'

Pray for the ability to help others understand the real meaning of the events of this week

Remember all preparing for the Easter Sacraments at the Paschal Vigil