

**18 July – SIXTEENTH SUNDAY of ORDINARY TIME - B**

Gospel - Mark 6:30-34 They were like sheep without a shepherd

**Responsorial Psalm**

**Psalm 22(23)**

*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,  
to revive my drooping spirit.

*The psalm invites us to acknowledge the rest we can find in God as our shepherd.  
Be still and thank God who indeed revives us, gives us new life.*

He guides me along the right path;  
he is true to his name.  
If I should walk in the valley of darkness  
no evil would I fear.

You are there with your crook and your staff;  
with these you give me comfort.

*Think of how you make choices, and ask for the guidance to choose always what is right.  
Look back to times which have been dark in your life, and see how God was with you.*

You have prepared a banquet for me  
in the sight of my foes.

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

*The banquet and the cup remind us of God's generosity in the Eucharist. Reflect on that gift.  
The anointed head recalls our baptism and confirmation. Renew your commitment.*

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

In the Lord's own house shall I dwell  
for ever and ever.

*Name moments of God's goodness and kindness to you in the past and the present.  
Paint the picture in your mind of how you hope to live in the Lord's house for ever in heaven?*

**Acknowledgements**

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