

Sunday 30 January 2022 - Fourth Sunday in Ordinary Time

**Responsorial Psalm - Psalm 70(71):1-6,15,17**

*My lips will tell of your help.*

In you, O Lord, I take refuge;  
let me never be put to shame.

In your justice rescue me, free me:  
pay heed to me and save me.

*Bring before God anything that is worrying you personally or for others  
Ask God for the wisdom to know how to respond to your concerns*

Be a rock where I can take refuge,  
a mighty stronghold to save me;  
for you are my rock, my stronghold.  
Free me from the hand of the wicked.

*Thank God for the times when he has been the support you needed  
Pray for those situations and people, here and abroad, where evil seems to dominate*

It is you, O Lord, who are my hope,  
my trust, O Lord, since my youth.

On you I have leaned from my birth,  
from my mother's womb you have been my help.

*Since God has been your hope, pray for all young people to have a blessed future  
Remember with gratitude your family and all who have accompanied you in life*

My lips will tell of your justice  
and day by day of your help.

O God, you have taught me from my youth  
and I proclaim your wonders still.

*Think of the daily moments when you know God is your help  
Ask for the grace to communicate to others what God means for you*

**Acknowledgements**

Excerpts from *The Psalms: A New Translation* © 1963 The Grail (England) published by HarperCollins.