

19 February 2023 - 7th Sunday in Ordinary Time

Responsorial Psalm

Psalm 102(103):1-4,8,10,12-13

THE LORD IS COMPASSION AND LOVE.

My soul, give thanks to the Lord
all my being, bless his holy name.
My soul, give thanks to the Lord
and never forget all his blessings.

*Stop and simply give thanks with the psalmist poet that we have the privilege of knowing God by name
Then just move onto thanking God for all the blessings of your life – name them one by one.*

It is he who forgives all your guilt,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with love and compassion.

*Just wonder at how amazing it is that God forgives our sins and heals us in different ways
Reflect on what it means for us to have the promise of eternal life, foreseen in God's love and compassion*

The Lord is compassion and love,
slow to anger and rich in mercy.
He does not treat us according to our sins
nor repay us according to our faults.

*How amazing it is that God in Christ humbled himself to become human showing us his compassion and love!
Do we realise just how merciful the Lord is, rather than being a judge focused on our sins and faults?*

As far as the east is from the west
so far does he remove our sins.
As a father has compassion on his sons,
the Lord has pity on those who fear him.

*What does it mean to you that God does not just forgive but actually removes our sins?
Thank God that you can live as his daughter/son and relate to him as his child.*