

Responsorial Psalm

Psalm 31(32):1-2,5,11

YOU ARE MY REFUGE, O LORD; YOU FILL ME WITH THE JOY OF SALVATION.

Happy the man whose offence is forgiven,
whose sin is remitted.

O happy the man to whom the Lord
imputes no guilt,
in whose spirit is no guile.

*Give thanks that we are blessed [happy] for we know God can forgive our sins by his grace
Try to realise how amazing it is that God can take away the guilt of our sin*

But now I have acknowledged my sins;
my guilt I did not hide.

I said: 'I will confess
my offence to the Lord.'

And you, Lord, have forgiven
the guilt of my sin.

*Take time to acknowledge your failings towards God and others – a chance to prepare well for Confession
Thank God for the peace of mind and soul that comes with his forgiveness*

Rejoice, rejoice in the Lord,
exult, you just!

O come, ring out your joy,
all you upright of heart.

*Simply rejoice in the Lord for the goodness of people generally in contrast to the bad news that can dominate.
Thank God for the good people in your life and how they sustain your faith*