

Sunday 4 February 2024

Fifth Sunday in Ordinary Time

Responsorial Psalm

Psalm 146(147):1-6

PRAISE THE LORD WHO HEALS THE BROKEN-HEARTED.

Praise the Lord for he is good;  
sing to our God for he is loving:  
to him our praise is due.

*Think of how God is good and loving towards us as individuals, as the Church, as the human race  
Reflect how you can make your prayer, words and our actions, your whole life, real praise of God*

The Lord builds up Jerusalem  
and brings back Israel's exiles,  
he heals the broken-hearted,  
he binds up all their wounds.  
He fixes the number of the stars;  
he calls each one by its name.

*Pray for the broken hearted, those you know by name and others – how can you bring them God's comfort?  
Reflect that our God is so close to us and yet we know him as the divine creator of the stars and the universe*

Our Lord is great and almighty;  
his wisdom can never be measured.  
The Lord raises the lowly;  
he humbles the wicked to the dust.

*Pray for God's wisdom to inspire you in your decisions, great and small  
Pray for the marginalised and downtrodden, and ask to find ways to support them respectfully*