

1 Pray a ritual 'return to God' 3 times a day:

**I love you, I praise you
I worship and adore you
You are the sun I am the planet
You are the shepherd I am the sheep
I offer myself up to you
I open my heart to you**

These returns can happen anywhere and do not need to 'stop' the day; however, one of them should be done at a quiet time of the day. At that time, you read the daily Gospel.

2 Once a week, re-read all the Gospels of the week. This is done at a quiet time ideally lasting 30 minutes. A beginner builds up to this. Begin the quiet time with the same ritual 'return to God'. Re-read the Gospels and then sit for 30 minutes in God's presence. The quiet time is simply that – quietly listening to God.

3 For total beginners, you may want to try this type of prayer once a week, concentrating upon the Gospel for the Sunday coming (see back page). You can then build up to a daily routine, as outlined in 1 and 2.

4 At the end of the quiet time, ask yourself:

**What, Lord, are you saying to my heart?
What is my response?
What in particular should I remember?**

After each question, listen, and write a response in your journal. Whatever you hear, even nothing, say 'Thank you'.

Sundays in April 2017

- 2 *Lent 5*
Ezekiel 37:1-14; Psalm 130;
Romans 8:6-11; John 11:1-45
- 9 *Palm Sunday*
Isaiah 50:4-9a; Psalm 118:19-24;
Philippians 2:5-11; Matthew 21:1-11
- 16 *Easter Day*
Acts 10:34-43; Psalm 118:14-24;
Colossians 3:1-4; John 20:1-18
- 23 *Easter 2*
Acts 2:14a,22-32; Psalm 16;
1 Peter 1,3-9; John 20:19-end
- 30 *Easter 3*
Acts 2:14a,36-41; Psalm 116:1-7;
1 Peter 1:17-23; Luke 24:13-35

Sundays in May 2017

- 7 *Easter 4*
Acts 2:42-end; Psalm 23;
1 Peter 2:19-end; John 10:1-10
- 14 *Easter 5*
Acts 7:55-end; Psalm 31:1-5;
1 Peter 2:2-10; John 14:1-14
- 21 *Easter 6*
Acts 17:22-31; Psalm 66:7-end;
1 Peter 3:13-end; John 14:15-21
- 28 *Easter 7*
Acts 1:6-14; Psalm 68:1-10;
1 Peter 4:12-14; John 17:1-11

Sundays in June 2017

- 4 *Pentecost*
Acts 2:1-21; Psalm 104:26-end;
1 Corinthians 12:3b-13; John 20:19-23
- 11 *Trinity Sunday*
Isaiah 40:12-17,27-end; Psalm 8;
2 Corinthians 13:11-end; Matthew 28:16-end
- 18 *Trinity 1*
Genesis 18:1-15; Psalm 116:9-17;
Romans 5:1-8; Matthew 9:35-10:8
- 25 *Trinity 2*
Genesis 21:8-21; Psalm 86:1-10;
Romans 6:1b-11; Matthew 10:24-39

Prayer Journaling Bible Study

April – June 2017



For this prayer time you need:

- a Bible
- the list of daily Gospel readings
- a notebook journal and pen
- an object of focus, eg a candle
- an open heart and mind

Readings taken from the Common Worship Lectionary

Daily Gospel Readings

April 2017

1	Saturday	John 7:40-52
2	Sunday	John 11:1-45
3	Monday	John 8:1-11
4	Tuesday	John 8:21-30
5	Wednesday	John 8:31-42
6	Thursday	John 8:51-end
7	Friday	John 10:31-end
8	Saturday	John 11:45-end
9	Sunday	Matthew 21:1-11
10	Monday	John 12:1-11
11	Tuesday	John 12:20-36
12	Wednesday	John 13:21-32
13	Thursday	John 13:1-17,31b-35
14	Friday	John 18:1-19:end
15	Saturday	John 19:38-end
16	Sunday	John 20:1-18
17	Monday	Matthew 28:8-15
18	Tuesday	John 20:11-18
19	Wednesday	Luke 24:13-35
20	Thursday	Luke 24:35-48
21	Friday	John 21:1-14
22	Saturday	Mark 16:9-15
23	Sunday	John 20:19-end
24	Monday	John 15:18-21
25	Tuesday	Mark 13:5-13
26	Wednesday	John 3:16-21
27	Thursday	John 3:31-end
28	Friday	John 6:1-15
29	Saturday	John 6:16-21
30	Sunday	Luke 24:13-35

May 2017

1	Monday	John 14:1-14
2	Tuesday	John 6:30-35
3	Wednesday	John 6:35-40
4	Thursday	John 6:44-51
5	Friday	John 6:52-59
6	Saturday	John 6:60-69
7	Sunday	John 10:1-10
8	Monday	John 10:11-18
9	Tuesday	John 10:22-30
10	Wednesday	John 12:44-end
11	Thursday	John 13:16-20
12	Friday	John 14:1-6
13	Saturday	John 14:7-14
14	Sunday	John 14:1-14
15	Monday	John 15:9-17
16	Tuesday	John 14:27-end
17	Wednesday	John 15:1-8
18	Thursday	John 15:9-11
19	Friday	John 15:12-17
20	Saturday	John 15:18-21
21	Sunday	John 14:15-21
22	Monday	John 15:26-16:4
23	Tuesday	John 16:5-11
24	Wednesday	John 16:12-15
25	Thursday	Luke 24:44-end
26	Friday	John 16:20-23
27	Saturday	John 16:23-28
28	Sunday	John 17:1-11
29	Monday	John 16:29-end
30	Tuesday	John 17:1-11
31	Wednesday	Luke 1:39-49

June 2017

1	Thursday	John 17:20-end
2	Friday	John 21:15-19
3	Saturday	John 21:20-end
4	Sunday	John 20:19-23
5	Monday	Mark 12:1-12
6	Tuesday	Mark 12:13-17
7	Wednesday	Mark 12:18-27
8	Thursday	Mark 12:28-34
9	Friday	Mark 12:35-37
10	Saturday	Mark 12:38-end
11	Sunday	Matthew 28:16-end
12	Monday	John 15:12-17
13	Tuesday	Matthew 5:13-16
14	Wednesday	Matthew 5:17-19
15	Thursday	Matthew 5:20-26
16	Friday	Matthew 5:27-32
17	Saturday	Matthew 5:33-37
18	Sunday	Matthew 9:35-10:8
19	Monday	Matthew 5:38-42
20	Tuesday	Matthew 5:43-end
21	Wednesday	Matthew 6:1-6,16-18
22	Thursday	Matthew 6:7-15
23	Friday	Matthew 6:19-23
24	Saturday	Luke 1:57-66,80
25	Sunday	Matthew 10:24-39
26	Monday	Matthew 7:1-5
27	Tuesday	Matthew 7:6,12-14
28	Wednesday	Matthew 7:15-20
29	Thursday	Matthew 16:13-19
30	Friday	Matthew 8:1-4