

Prayer Journaling Bible Study

January-March 2013



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

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 January 2013

6 *Epiphany*
Isaiah 60:1-6; Ephesians 3:1-12; Matthew 2:1-12
13 *Baptism of Christ*
Isaiah 43:1-7; Acts 8:14-17; Luke 3:15-17,21-22
20 *Epiphany III*
Isaiah 62:1-5; 1 Corinthians 12:1-11; John 2:1-11
27 *Epiphany IV*
Nehemiah 8:1-3,5-6,8-10;
1 Corinthians 12:12-31a; Luke 4:14-21

Sundays in February 2013

3 *Presentation of Christ in the Temple
(Candlemas)*
Malachi 3:1-5; Hebrews 2:14-end; Luke 2:22-40
10 *Sunday next before Lent*
Exodus 34:29-end; 2 Corinthians 3:12-4:2;
Luke 9:28-36
17 *Lent I*
Deuteronomy 26:1-11; Romans 10:8b-13;
Luke 4:1-13
24 *Lent II*
Genesis 15:1-12,17-18; Philippians 3:17-4:1;
Luke 13:31-end

Sundays in March 2013

3 *Lent III*
Isaiah 55:1-9; 1 Corinthians 10:1-13; Luke 13:1-9
10 *Lent IV Mothering Sunday*
1 Samuel 1:20-end; Colossians 3:12-17
John 19:25b-27
17 *Lent V (Passiontide begins)*
Isaiah 43:16-21; Philippians 3:4b-14; John 12:1-8
24 *Palm Sunday*
Psalm 118:1-2,19-end; Luke 19:28-40
31 *Easter Day*
Isaiah 65:17-end; Acts 10:34-35
John 20:1-18

Daily Gospel Readings

January 2013

1	Tuesday	Luke 2:15-21
2	Wednesday	John 1:19-28
3	Thursday	John 1:29-34
4	Friday	John 1:35-42
5	Saturday	John 1:43-end
6	Sunday	Matthew 2:1-12
7	Monday	Matthew 4:12-17,23-end
8	Tuesday	Mark 6:34-44
9	Wednesday	Mark 6:45-52
10	Thursday	Luke 4:14-22
11	Friday	Luke 5:12-16
12	Saturday	John 3:22-30
13	Sunday	Luke 3:15-17,21-22
14	Monday	Mark 1:14-20
15	Tuesday	Mark 1:21-28
16	Wednesday	Mark 1:29-39
17	Thursday	Mark 1:40-end
18	Friday	Mark 2:1-12
19	Saturday	Mark 2:13-17
20	Sunday	John 2:1-11
21	Monday	Mark 2:18-22
22	Tuesday	Mark 2:23-end
23	Wednesday	Mark 3:1-6
24	Thursday	Mark 3:7-12
25	Friday	Matthew 19:27-end
26	Saturday	Mark 3:20-21
27	Sunday	Luke 4:14-21
28	Monday	Mark 3:22-30
29	Tuesday	Mark 3:31-35
30	Wednesday	Mark 4:1-20
31	Thursday	Mark 4:21-25

February 2013

1	Friday	Mark 4:26-34
2	Saturday	Mark 4:35-end
3	Sunday	Luke 2:22-40
4	Monday	Mark 5:1-20
5	Tuesday	Mark 5:21-43
6	Wednesday	Mark 6:1-6
7	Thursday	Mark 6:7-13
8	Friday	Mark 6:14-29
9	Saturday	Mark 6:30-34
10	Sunday	Luke 9:28-36
11	Monday	Mark 6:53-end
12	Tuesday	Mark 7:1-13
13	Wednesday	Matthew 6:1-6,16-21
14	Thursday	Luke 9:22-25
15	Friday	Matthew 9:14-15
16	Saturday	Luke 5:27-32
17	Sunday	Mark 4:1-13
18	Monday	Matthew 25:31-end
19	Tuesday	Matthew 6:7-15
20	Wednesday	Luke 11:29-32
21	Thursday	Matthew 7:7-12
22	Friday	Matthew 5:20-26
23	Saturday	Matthew 5:43-end
24	Sunday	Luke 13:31-end
25	Monday	Luke 6:36-38
26	Tuesday	Matthew 23:1-12
27	Wednesday	Matthew 20:17-28
28	Thursday	Luke 16:19-end

March 2013

1	Friday	Matthew 21:33-43,45-46
2	Saturday	Luke 15:1-3,11-end
3	Sunday	Luke 13:1-9
4	Monday	Luke 4:24-30
5	Tuesday	Matthew 18:21-end
6	Wednesday	Matthew 5:17-19
7	Thursday	Luke 11:14-23
8	Friday	Mark 12:28-34
9	Saturday	Luke 18:9-14
10	Sunday	John 19:25b-27
11	Monday	John 4:43-end
12	Tuesday	John 5:1-3,5-16
13	Wednesday	John 5:17-30
14	Thursday	John 5:31-end
15	Friday	John 7:1-2,10,25-30
16	Saturday	John 7:40-52
17	Sunday	John 12:1-8
18	Monday	John 8:1-11
19	Tuesday	Matthew 1:18-end
20	Wednesday	John 8:31-42
21	Thursday	John 8:51-end
22	Friday	John 10:31-end
23	Saturday	John 11:45-end
24	Sunday	Luke 19:28-40
25	Monday	John 12:1-11
26	Tuesday	John 12:20-36
27	Wednesday	John 13:21-32
28	Thursday	John 13:1-17,31b-35
29	Friday	John 18:1-end of 19
30	Saturday	John 19:38-end
31	Sunday	John 20:1-18