

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 2015

- 5 *Easter Day*
Acts 10:34-43; 1 Corinthians 15:1-11;
John 20:1-18
- 12 *Easter 2*
Acts 4:32-35; 1 John 1:1–2:2; John 20:19-end
- 19 *Easter 3*
Acts 3:12-19; 1 John 3:1-7; Luke 24:36b-48
- 26 *Easter 4*
Acts 4:5-12; 1 John 3:16-end; John 10:11-18

Sundays in May 2015

- 3 *Easter 5*
Acts 8:26-end; 1 John 4:7-end; John 15:1-8
- 10 *Easter 6*
Acts 10:44-end; 1 John 5:1-6; John 15:9-17
- 17 *Easter 7*
Acts 1:15-17, 21-end; 1 John 5:9-13;
John 17:6-19
- 24 *Pentecost*
Acts 2:1-21; Romans 8:22-27;
John 15:26-27,16:4b-15
- 31 *Trinity Sunday*
Isaiah 6:1-8; Romans 8:12-17; John 3:1-17

Sundays in June 2015

- 7 *Trinity 1*
1 Samuel 8:4-11,16-20;
2 Corinthians 4:13–5:1; Mark 3:20-end
- 14 *Trinity 2*
1 Samuel 15:34–16:13;
2 Corinthians 5:6-10,14-17; Mark 4:26-34
- 21 *Trinity 3*
1 Samuel 17:32-49; 2 Corinthians 6:1-13;
Mark 4:35-end
- 28 *Trinity 4*
2 Samuel 1:1,17-end; 2 Corinthians 8:7-end;
Mark 5:21-end

Prayer Journaling Bible Study

April - June 2015



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

Daily Gospel Readings

April 2015

1	Wednesday	John 13:21-32
2	Thursday	John 13:1-17,31b-35
3	Friday	John 18:1—end of 19
4	Saturday	Mark 16:1-8
5	Sunday	John 20:1-18
6	Monday	Matthew 28:8-15
7	Tuesday	John 20:11-18
8	Wednesday	Luke 24:13-35
9	Thursday	Luke 24:35-48
10	Friday	John 21:1-14
11	Saturday	Mark 16:9-15
12	Sunday	John 20:19-end
13	Monday	John 3:1-8
14	Tuesday	John 3:7-15
15	Wednesday	John 3:16-21
16	Thursday	John 3:31-end
17	Friday	John 6:1-15
18	Saturday	John 6:16-21
19	Sunday	Luke 24:36b-48
20	Monday	John 6:22-29
21	Tuesday	John 6:30-35
22	Wednesday	John 6:35-40
23	Thursday	John 15:18-21
24	Friday	John 6:52-59
25	Saturday	Mark 13:5-13
26	Sunday	John 10:11-18
27	Monday	John 10:1-10
28	Tuesday	John 10:22-30
29	Wednesday	John 12:44-end
30	Thursday	John 13:16-20

May 2015

1	Friday	John 14:1-14
2	Saturday	John 14:7-14
3	Sunday	John 15:1-8
4	Monday	John 14:21-26
5	Tuesday	John 14:27-end
6	Wednesday	John 15:1-8
7	Thursday	John 15:9-11
8	Friday	John 15:12-17
9	Saturday	John 15:18-21
10	Sunday	John 15:9-17
11	Monday	John 15:26—16:4
12	Tuesday	John 16:5-11
13	Wednesday	John 16:12-15
14	Thursday	Luke 24:44-end
15	Friday	John 15:9-17
16	Saturday	John 16:23-28
17	Sunday	John 17:6-19
18	Monday	John 16:29-end
19	Tuesday	John 17:1-11
20	Wednesday	John 17:11-19
21	Thursday	John 17:20-end
22	Friday	John 21:15-19
23	Saturday	John 21:20-end
24	Sunday	John 15:26-27, 16:4b-15
25	Monday	Mark 10:17-27
26	Tuesday	Mark 10:28-31
27	Wednesday	Mark 10:32-45
28	Thursday	Mark 10:46-end
29	Friday	Mark 11:11-26
30	Saturday	Mark 11:27-end
31	Sunday	John 3:1-17

June 2015

1	Monday	Luke 1:38-49
2	Tuesday	Mark 12:13-17
3	Wednesday	Mark 12:18-27
4	Thursday	John 6:51-58
5	Friday	Mark 12:35-37
6	Saturday	Mark 12:38-end
7	Sunday	Mark 3:20-end
8	Monday	Matthew 5:1-12
9	Tuesday	Matthew 5:13-16
10	Wednesday	Matthew 5:17-19
11	Thursday	John 15:12-17
12	Friday	Matthew 5:27-32
13	Saturday	Matthew 5:33-37
14	Sunday	Mark 4:26-34
15	Monday	Matthew 5:38-42
16	Tuesday	Matthew 5:43-end
17	Wednesday	Matthew 6:1-6,16-18
18	Thursday	Matthew 6:7-15
19	Friday	Matthew 6:19-23
20	Saturday	Matthew 6:24-end
21	Sunday	Mark 4:35-end
22	Monday	Matthew 7:1-5
23	Tuesday	Matthew 7:6,12-14
24	Wednesday	Luke 1:57-66,80
25	Thursday	Matthew 7:21-end
26	Friday	Matthew 8:1-4
27	Saturday	Matthew 8:5-17
28	Sunday	Mark 5:21-end
29	Monday	Matthew 16:13-19
30	Tuesday	Matthew 8:23-27