

Prayer Journaling Bible Study

October - December 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

Readings taken from the Common Worship Lectionary

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 October 2015

- 4 *Trinity 18*
Job 1:1,2:1-10; Hebrews 1:1-4,2:5-12;
Mark 10:2-16
- 11 *Trinity 19*
Job 23:1-9,16-end; Hebrews 4:12-end;
Mark 10:17-31
- 18 *Luke the Evangelist*
Isaiah 35:3-6; 2 Timothy 4:5-17;
Luke 10:1-9
- 25 *Last after Trinity*
Job 42:1-6,10-17; Hebrews 7:23-end;
Mark 10:46-end

Sundays in November 2015

- 1 *All Saints' Day*
Isaiah 25:6-9; Revelation 21:1-6a;
John 11:32-44
- 8 *Remembrance Sunday*
Jonah 3:1-5,10; Hebrews 9:24-end;
Mark 1:14-20
- 15 *2 before Advent*
Daniel 12:1-3; Hebrews 10:11-14,19-25;
Mark 13:1-8
- 22 *Christ The King*
Daniel 7:9-10,13-14; Revelation 1:4b-8;
John 18:33-37
- 29 *Advent 1*
Jeremiah 33:14-16; 1 Thessalonians 3:9-end;
Luke 21:25-36

Sundays in December 2015

- 6 *Advent 2*
Malachi 3:1-4; Philippians 1:3-11;
Luke 3:1-6
- 13 *Advent 3*
Zephaniah 3:14-end; Philippians 4:4-7;
Luke 3:7-18
- 20 *Advent 4*
Micah 5:2-5a; Hebrews 10:5-10;
Luke 1:39-45
- 27 *John, Apostle and Evangelist*
Exodus 33:7-11a; 1 John 1;
John 21:19b-end

Daily Gospel Readings

October 2015

1	Thursday	Luke 10:1-12
2	Friday	Luke 10:13-16
3	Saturday	Luke 10:17-24
4	Sunday	Mark 10:2-16
5	Monday	Luke 10:25-37
6	Tuesday	Luke 10:38-end
7	Wednesday	Luke 11:1-4
8	Thursday	Luke 11:5-13
9	Friday	Luke 11:15-26
10	Saturday	Luke 11:27-28
11	Sunday	Mark 10:17-31
12	Monday	Luke 11:29-32
13	Tuesday	Luke 11:37-41
14	Wednesday	Luke 11:42-46
15	Thursday	Luke 11:47-end
16	Friday	Luke 12:1-7
17	Saturday	Luke 12:8-12
18	Sunday	Luke 10:1-9
19	Monday	Luke 12:13-21
20	Tuesday	Luke 12:35-38
21	Wednesday	Luke 12:39-48
22	Thursday	Luke 12:49-53
23	Friday	Luke 12:54-end
24	Saturday	Luke 13:1-9
25	Sunday	Mark 10:46-end
26	Monday	Luke 13:10-17
27	Tuesday	Luke 13:18-21
28	Wednesday	John 15:17-end
29	Thursday	Luke 13:31-end
30	Friday	Luke 14:1-6
31	Saturday	Luke 14:1,7-11

November 2015

1	Sunday	John 11:32-44
2	Monday	Luke 14:12-14
3	Tuesday	Luke 14:15-24
4	Wednesday	Luke 14:25-33
5	Thursday	Luke 15:1-10
6	Friday	Luke 16:1-8
7	Saturday	Luke 16:9-15
8	Sunday	Mark 1:14-20
9	Monday	Luke 17:1-6
10	Tuesday	Luke 17:7-10
11	Wednesday	Luke 17:11-19
12	Thursday	Luke 17:20-25
13	Friday	Luke 17:26-end
14	Saturday	Luke 18:1-8
15	Sunday	Mark 13:1-8
16	Monday	Luke 18:35-end
17	Tuesday	Luke 19:1-10
18	Wednesday	Luke 19:11-28
19	Thursday	Luke 19:41-44
20	Friday	Luke 19:45-48
21	Saturday	Luke 20:27-40
22	Sunday	John 18:33-37
23	Monday	Luke 21:1-4
24	Tuesday	Luke 21:5-11
25	Wednesday	Luke 21:12-19
26	Thursday	Luke 21:20-28
27	Friday	Luke 21:29-33
28	Saturday	Luke 21:34-36
29	Sunday	Luke 21:25-36
30	Monday	Matthew 4:18-22

December 2015

1	Tuesday	Luke 10:21-24
2	Wednesday	Matthew 15:29-37
3	Thursday	Matthew 7:21,24-27
4	Friday	Matthew 9:27-31
5	Saturday	Matthew 9:35-10:1,6-8
6	Sunday	Luke 3:1-6
7	Monday	Luke 5:17-26
8	Tuesday	Matthew 18:12-14
9	Wednesday	Matthew 11:28-end
10	Thursday	Matthew 11:11-15
11	Friday	Matthew 11:16-19
12	Saturday	Matthew 17:10-13
13	Sunday	Luke 3:7-18
14	Monday	Matthew 21:23-27
15	Tuesday	Matthew 21:28-32
16	Wednesday	Luke 7:18b-23
17	Thursday	Matthew 1:1-17
18	Friday	Matthew 1:18-24
19	Saturday	Luke 1:5-25
20	Sunday	Luke 1:39-45
21	Monday	Luke 1:39-45
22	Tuesday	Luke 1:46-56
23	Wednesday	Luke 1:57-66
24	Thursday	Luke 1:67-79
25	Friday	John 1:1-14
26	Saturday	Matthew 10:17-22
27	Sunday	John 21:19b-end
28	Monday	Matthew 2:13-18
29	Tuesday	Luke 2:22-35
30	Wednesday	Luke 2:36-40
31	Thursday	John 1:1-18