

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 2013**

- 6 *Trinity XIX*  
Habakkuk 1:1-4,2:1-4; 2 Timothy 1:1-14;  
Luke 17:5-10
- 13 *Trinity XX*  
2 Kings 5:1-3,7-15c; 2 Timothy 2:8-15;  
Luke 17:11-19
- 20 *Trinity XXI*  
Genesis 32:22-31; 2 Timothy 3:14-4.5;  
Luke 18:1-8
- 27 *Last Sunday After Trinity*  
Jeremiah 14:7-10,19-end;  
2 Timothy 4:6-8,16-18; Luke 18:9-14

### **Sundays in November 2013**

- 3 *All Saints Day*  
Daniel 7:1-3,15-18; Ephesians 1:11-end;  
Luke 6:20-31
- 10 *Remembrance Sunday*  
Job 19:23-27a;  
2 Thessalonians 2:1-5,13-end;  
Luke 20:27-38
- 17 *Second Sunday Before Advent*  
Malachi 4:1-2a; 2 Thessalonians 3:6-13;  
Luke 21:5-19
- 24 *Christ the King*  
Isaiah 52:7-10; Romans 10:12-18;  
Matthew 4:18-22

### **Sundays in December 2013**

- 1 *Advent I*  
Isaiah 2:1-5; Romans 13:11-end  
Matthew 24:36-44
- 8 *Advent II*  
Isaiah 11:1-10; Romans 15:4-13  
Matthew 3:1-12
- 15 *Advent III*  
Isaiah 35:1-10; James 5:7-10;  
Matthew 11:2-11
- 22 *Advent IV*  
Isaiah 7:10-16; Romans 1:1-7;  
Matthew 1:18-end
- 29 *Christmas I*  
Isaiah 63:7-9; Hebrews 2:10-end;  
Matthew 2:13-end

# Prayer Journaling Bible Study

October-December 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

## Daily Gospel Readings

### October 2013

1	Tuesday	Luke 9:51-56
2	Wednesday	Luke 9:57-end
3	Thursday	Luke 10:1-12
4	Friday	Luke 10:13-16
5	Saturday	Luke 10:17-24
6	Sunday	Luke 17:5-10
7	Monday	Luke 10:25-37
8	Tuesday	Luke 10:38-end
9	Wednesday	Luke 11:1-4
10	Thursday	Luke 11:5-13
11	Friday	Luke 11:15-26
12	Saturday	Luke 11:27-28
13	Sunday	Luke 17:11-19
14	Monday	Luke 11:29-32
15	Tuesday	Luke 11:37-41
16	Wednesday	Luke 11:42-46
17	Thursday	Luke 11:47-end
18	Friday	Luke 10:1-9
19	Saturday	Luke 12:8-12
20	Sunday	Luke 18:1-8
21	Monday	Luke 12:13-21
22	Tuesday	Luke 12:35-38
23	Wednesday	Luke 12:39-48
24	Thursday	Luke 12:49-53
25	Friday	Luke 12:54-end
26	Saturday	Luke 13:1-9
27	Sunday	Luke 18:9-14
28	Monday	John 15:17-end
29	Tuesday	Luke 13:18-21
30	Wednesday	Luke 13:22-30
31	Thursday	Luke 13:31-end

### November 2013

1	Friday	Luke 14:1-6
2	Saturday	Luke 14:1,7-11
3	Sunday	Luke 6:20-31
4	Monday	Luke 14:12-14
5	Tuesday	Luke 14:15-24
6	Wednesday	Luke 14:25-33
7	Thursday	Luke 15:1-10
8	Friday	Luke 16:1-8
9	Saturday	Luke 16:9-15
10	Sunday	Luke 20:27-38
11	Monday	Luke 17:1-6
12	Tuesday	Luke 17:7-10
13	Wednesday	Luke 17:11-19
14	Thursday	Luke 17:20-25
15	Friday	Luke 17:26-end
16	Saturday	Luke 18:1-8
17	Sunday	Luke 21:5-19
18	Monday	Luke 18:35-end
19	Tuesday	Luke 19:1-10
20	Wednesday	Luke 19:11-28
21	Thursday	Luke 19:41-44
22	Friday	Luke 19:45-48
23	Saturday	Luke 20:27-40
24	Sunday	Luke 23:33-43
25	Monday	Luke 21:1-4
26	Tuesday	Luke 21:5-11
27	Wednesday	Luke 21:12-19
28	Thursday	Luke 21:20-28
29	Friday	Luke 21:29-33
30	Saturday	Matthew 4:18-22

### December 2013

1	Sunday	Matthew 24:36-44
2	Monday	Matthew 8:5-11
3	Tuesday	Luke 10:21-24
4	Wednesday	Matthew 15:29-37
5	Thursday	Matthew 7:21,24-27
6	Friday	Matthew 9:27-31
7	Saturday	Matthew 9:35-10:1,6-8
8	Sunday	Matthew 3:1-12
9	Monday	Luke 5:17-26
10	Tuesday	Matthew 18:12-14
11	Wednesday	Matthew 11:28-end
12	Thursday	Matthew 11:11-15
13	Friday	Matthew 11:16-19
14	Saturday	Matthew 17:10-13
15	Sunday	Matthew 11:2-11
16	Monday	Matthew 21:23-27
17	Tuesday	Matthew 1:1-17
18	Wednesday	Matthew 1:18-24
19	Thursday	Luke 1:5-25
20	Friday	Luke 1:26-38
21	Saturday	Luke 1:39-45
22	Sunday	Matthew 1:18-end
23	Monday	Luke 1:57-66
24	Tuesday	Luke 1:67-79
25	Wednesday	Luke 2:1-20
26	Thursday	Matthew 10:17-22
27	Friday	John 21:19b-end
28	Saturday	Matthew 2:13-18
29	Sunday	Matthew 2:13-end
30	Monday	Luke 2:36-40
31	Tuesday	John 1:1-18