

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 2016

- 3 *Epiphany*
Isaiah 60:1-6; Ephesians 3:1-12;
Matthew 2:1-12
- 10 *Baptism of Christ*
Isaiah 43:1-7; Acts 8:14-17;
Luke 3:15-17,21-22
- 17 *Epiphany 2*
Isaiah 62:1-5; 1 Corinthians 12:1-11;
John 2:1-11
- 24 *Epiphany 3*
Nehemiah 8:1-3,5-6,8-10;
1 Corinthians 12:12-31a; Luke 4:14-21
- 31 *Epiphany 4*
Ezekiel 43:27-44:4; 1 Corinthians 13;
Luke 2:22-40

Sundays in February 2016

- 7 *Sunday next before Lent*
Exodus 34:29-end; 2 Corinthians 3:12-4:2;
Luke 9:28-36
- 14 *Lent 1*
Deuteronomy 26:1-11; Romans 10:8b-13;
Luke 4:1-13
- 21 *Lent 2*
Genesis 15:1-12,17-18; Philippians 3:17-4:1;
Luke 13:31-end
- 28 *Lent 3*
Isaiah 55:1-9; 1 Corinthians 10:1-13;
Luke 13:1-9

Sundays in March 2016

- 6 *Mothering Sunday*
Exodus 2:1-10; Colossians 3:12-17;
Luke 2:33-35
- 13 *Lent 5*
Isaiah 43:16-21; Philippians 3:4b-14;
John 12:1-8
- 20 *Palm Sunday*
Isaiah 50:4-9a; Philippians 2:5-11;
Luke 19:28-40
- 27 *Easter Day*
Isaiah 65:17-end; Acts 10:34-43;
John 20:1-18

Prayer Journaling Bible Study

January - March 2016



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

January 2016

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

February 2016

1	Monday	Mark 5:1-20
2	Tuesday	Luke 2:22-40
3	Wednesday	Mark 6:1-6a
4	Thursday	Mark 6:7-13
5	Friday	Mark 6:14-29
6	Saturday	Mark 6:30-34
7	Sunday	Luke 9:28-36
8	Monday	Mark 6:53-end
9	Tuesday	Mark 7:1-13
10	Wednesday	John 8:1-11
11	Thursday	Luke 9:22-25
12	Friday	Matthew 9:14-15
13	Saturday	Luke 5:27-32
14	Sunday	Luke 4:1-13
15	Monday	Matthew 25:31-end
16	Tuesday	Matthew 6:7-15
17	Wednesday	Luke 11:29-32
18	Thursday	Matthew 7:7-12
19	Friday	Matthew 5:20-26
20	Saturday	Matthew 5:43-end
21	Sunday	Luke 13:31-end
22	Monday	Luke 6:36-38
23	Tuesday	Matthew 23:1-12
24	Wednesday	Matthew 20:17-28
25	Thursday	Luke 16:19-end
26	Friday	Matthew 21:33-43, 45-46
27	Saturday	Luke 15:1-3,11-end
28	Sunday	Luke 13:1-9
29	Monday	Luke 4:24-30

March 2016

1	Tuesday	Matthew 18:21-end
2	Wednesday	Matthew 5:17-19
3	Thursday	Luke 11:14-23
4	Friday	Mark 12:28-34
5	Saturday	Luke 18:9-14
6	Sunday	Luke 2:33-35
7	Monday	John 4:43-end
8	Tuesday	John 5:1-3,5-16
9	Wednesday	John 5:17-30
10	Thursday	John 5:31-end
11	Friday	John 7:1-2,10,25-30
12	Saturday	John 7:40-52
13	Sunday	John 12:1-8
14	Monday	John 8:1-11
15	Tuesday	John 8:21-30
16	Wednesday	John 8:31-42
17	Thursday	John 8:51-end
18	Friday	John 10:31-end
19	Saturday	Matthew 1:18-end
20	Sunday	Luke 19:28-40
21	Monday	John 12:1-11
22	Tuesday	John 12:20-36
23	Wednesday	John 13:21-32
24	Thursday	John 13:1-17,31b-35
25	Friday	John 18:1-end of 19
26	Saturday	Luke 24:1-12
27	Sunday	John 20:1-18
28	Monday	Matthew 28:8-15
29	Tuesday	John 20:11-18
30	Wednesday	Luke 24:13-35
31	Thursday	Luke 24:35-48