

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 2017

- 1 *Naming and Circumcision of Jesus*  
Numbers 6:22-end; Psalm 8;  
Galatians 4:4-7; Luke 2:15-21
- 8 *Baptism of Christ*  
Isaiah 42:1-9; Psalm 29;  
Acts 10:34-43; Matthew 3:13-end
- 15 *Epiphany 2*  
Isaiah 49:1-7; Psalm 40:1-12;  
1 Corinthians 1:1-9; John 1:29-42
- 22 *Epiphany 3*  
Isaiah 9:1-4; Psalm 27:1,4-12;  
1 Corinthians 1:10-18; Matthew 4:12-23
- 29 *Epiphany 4*  
1 Kings 17:8-16; Psalm 36:5-10;  
1 Corinthians 1:18-end; John 2:1-11

### Sundays in February 2017

- 5 *4 before Lent*  
Isaiah 58:1-9a; Psalm 112:1-9;  
1 Corinthians 2:1-12; Matthew 5:13-20
- 12 *3 before Lent*  
Deuteronomy 30:15-end; Psalm 119:1-8;  
1 Corinthians 3:1-9; Matthew 5:21-37
- 19 *2 before Lent*  
Genesis 1:1 - 2:3; Psalm 136;  
Romans 8:18-25; Matthew 6:25-end
- 26 *Sunday next before Lent*  
Exodus 24:12-end; Psalm 2;  
2 Peter 1:16-end; Matthew 17:1-9

### Sundays in March 2017

- 5 *Lent 1*  
Genesis 2:15-17,3:1-7; Psalm 32;  
Romans 5:12-19; Matthew 4:1-11
- 12 *Lent 2*  
Genesis 12:1-4a; Psalm 121;  
Romans 4:1-5,13-17; John 3:1-17
- 19 *Lent 3*  
Exodus 17:1-7; Psalm 95;  
Romans 5:1-11; John 4:5-42
- 26 *Mothering Sunday*  
Exodus 2:1-10; Psalm 34:11-20;  
2 Corinthians 1:3-7; Luke 2:33-35

# Prayer Journaling Bible Study

January – March 2017



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 2017

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

### February 2017

1	Wednesday	Mark 6:1-6a
2	Thursday	Luke 2:22-40
3	Friday	Mark 6:14-29
4	Saturday	Mark 6:30-34
5	Sunday	Matthew 5:13-20
6	Monday	Mark 6:53-end
7	Tuesday	Mark 7:1-13
8	Wednesday	Mark 7:14-23
9	Thursday	Mark 7:24-30
10	Friday	Mark 7:31-end
11	Saturday	Mark 8:1-10
12	Sunday	Matthew 5:21-37
13	Monday	Mark 8:11-13
14	Tuesday	Mark 8:14-21
15	Wednesday	Mark 8:22-26
16	Thursday	Mark 8:27-33
17	Friday	Mark 8:34 - 9:1
18	Saturday	Mark 9:2-13
19	Sunday	Matthew 6:25-end
20	Monday	Mark 9:14-29
21	Tuesday	Mark 9:30-37
22	Wednesday	Mark 9:38-40
23	Thursday	Mark 9:41-end
24	Friday	Mark 10:1-12
25	Saturday	Mark 10:13-16
26	Sunday	Matthew 17:1-9
27	Monday	Mark 10:17-27
28	Tuesday	Mark 10:28-31

### March 2017

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