

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 July 2017

- 2 *Trinity 3*
Psalm 13;
Job 33:1-7; John 3:1-8
- 9 *Trinity 4*
Psalm 45:10-end;
Isaiah 12; John 7:37-39
- 16 *Trinity 5*
Psalm 119:105-112;
1 Corinthians 3:10-17; John 14:15-17
- 23 *Trinity 6*
Ezekiel 36:22-28; Psalm 139:1-11;
1 Corinthians 15:35-49; John 6:60-65
- 30 *Trinity 7*
Psalm 105:1-11;
Romans 5:3-5; John 14:15-21

Sundays in August 2017

- 6 *Transfiguration*
Psalm 97;
2 Peter 1:16-19; Luke 9:28-36
- 13 *Trinity 9*
Psalm 105:1-10;
Romans 8:1-11; Luke 4:14-20
- 20 *Trinity 10*
Psalm 133;
Romans 8:18-27; John 14:1-7,15-16
- 27 *Trinity 11*
Psalm 124;
Romans 8:12-17; Matthew 19:13-15

Sundays in September 2017

- 3 *Trinity 12*
Psalm 115;
Ephesians 1:3-14; John 6:22-29
- 10 *Trinity 13*
Psalm 149;
1 Peter 1:1-9; John 17:1-19
- 17 *Trinity 14*
Psalm 114;
1 John 4:1-13; John 16:7-15
- 24 *Trinity 15*
Psalm 105:37-end;
Galatians 5:13-18; John 16:12-15

Prayer Journaling Bible Study

July – September 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

July 2017

| | | |
|----|-----------|--------------------|
| 1 | Saturday | Matthew 8:5-17 |
| 2 | Sunday | John 3:1-8 |
| 3 | Monday | John 20:24-29 |
| 4 | Tuesday | Matthew 8:23-27 |
| 5 | Wednesday | Matthew 8:28-end |
| 6 | Thursday | Matthew 9:1-8 |
| 7 | Friday | Matthew 9:9-13 |
| 8 | Saturday | Matthew 9:14-17 |
| 9 | Sunday | John 7:37-39 |
| 10 | Monday | Matthew 9:18-26 |
| 11 | Tuesday | Matthew 9:32-end |
| 12 | Wednesday | Matthew 10:1-7 |
| 13 | Thursday | Matthew 10:7-15 |
| 14 | Friday | Matthew 10:16-23 |
| 15 | Saturday | Matthew 10:24-33 |
| 16 | Sunday | John 14:15-17 |
| 17 | Monday | Matthew 10:34-11:1 |
| 18 | Tuesday | Matthew 11:20-24 |
| 19 | Wednesday | Matthew 11:25-27 |
| 20 | Thursday | Matthew 11:28-end |
| 21 | Friday | Matthew 12:1-8 |
| 22 | Saturday | John 20:1-2,11-18 |
| 23 | Sunday | John 6:60-65 |
| 24 | Monday | Matthew 12:38-42 |
| 25 | Tuesday | Matthew 20:20-28 |
| 26 | Wednesday | Matthew 13:1-9 |
| 27 | Thursday | Matthew 13:10-17 |
| 28 | Friday | Matthew 13:18-23 |
| 29 | Saturday | Matthew 13:24-30 |
| 30 | Sunday | John 14:15-21 |
| 31 | Monday | Matthew 13:31-35 |

August 2017

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| 1 | Tuesday | Matthew 13:36-43 |
| 2 | Wednesday | Matthew 13:44-46 |
| 3 | Thursday | Matthew 13:47-53 |
| 4 | Friday | Matthew 13:54-end |
| 5 | Saturday | Matthew 14:1-12 |
| 6 | Sunday | Luke 9:28-36 |
| 7 | Monday | Matthew 14:13-21 |
| 8 | Tuesday | Matthew 14:22-end |
| 9 | Wednesday | Matthew 15:21-28 |
| 10 | Thursday | Matthew 16:13-23 |
| 11 | Friday | Matthew 16:24-end |
| 12 | Saturday | Matthew 17:14-20 |
| 13 | Sunday | Luke 4:14-20 |
| 14 | Monday | Matthew 17:22-end |
| 15 | Tuesday | Luke 1:46-55 |
| 16 | Wednesday | Matthew 18:15-20 |
| 17 | Thursday | Matthew 18:21-19:1 |
| 18 | Friday | Matthew 19:3-12 |
| 19 | Saturday | Matthew 19:13-15 |
| 20 | Sunday | John 14:1-7,15-16 |
| 21 | Monday | Matthew 19:16-22 |
| 22 | Tuesday | Matthew 19:23-end |
| 23 | Wednesday | Matthew 20:1-16 |
| 24 | Thursday | Luke 22:24-30 |
| 25 | Friday | Matthew 22:34-40 |
| 26 | Saturday | Matthew 23:1-12 |
| 27 | Sunday | Matthew 19:13-15 |
| 28 | Monday | Matthew 23:13-22 |
| 29 | Tuesday | Matthew 23:23-26 |
| 30 | Wednesday | Matthew 23:27-32 |
| 31 | Thursday | Matthew 24:42-end |

September 2017

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| 1 | Friday | Matthew 25:1-13 |
| 2 | Saturday | Matthew 25:14-30 |
| 3 | Sunday | John 6:22-29 |
| 4 | Monday | Luke 4:16-30 |
| 5 | Tuesday | Luke 4:31-37 |
| 6 | Wednesday | Luke 4:38-end |
| 7 | Thursday | Luke 5:1-11 |
| 8 | Friday | Luke 5:33-end |
| 9 | Saturday | Luke 6:1-5 |
| 10 | Sunday | John 17:1-19 |
| 11 | Monday | Luke 6:6-11 |
| 12 | Tuesday | Luke 6:12-19 |
| 13 | Wednesday | Luke 6:20-26 |
| 14 | Thursday | John 3:13-17 |
| 15 | Friday | Luke 6:39-42 |
| 16 | Saturday | Luke 6:43-end |
| 17 | Sunday | John 16:7-15 |
| 18 | Monday | Luke 7:1-10 |
| 19 | Tuesday | Luke 7:11-17 |
| 20 | Wednesday | Luke 7:31-35 |
| 21 | Thursday | Matthew 9:9-13 |
| 22 | Friday | Luke 8:1-3 |
| 23 | Saturday | Luke 8:4-15 |
| 24 | Sunday | John 16:12-15 |
| 25 | Monday | Luke 8:16-18 |
| 26 | Tuesday | Luke 8:19-21 |
| 27 | Wednesday | Luke 9:1-6 |
| 28 | Thursday | Luke 9:7-9 |
| 29 | Friday | John 1:47-end |
| 30 | Saturday | Luke 9:43b-45 |