

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 2018

- 7 *Baptism of Christ*
Genesis 1:1-5; Psalm 29;
Acts 19:1-7; Mark 1:4-11
- 14 *Epiphany 2*
1 Samuel 3:1-10; Psalm 139:1-5,12-18;
Revelation 5:1-10; John 1:43-end
- 21 *Epiphany 3*
Genesis 14:17-20; Psalm 128;
Revelation 19:6-10; John 2:1-11
- 28 *Epiphany 4*
Deuteronomy 18:15-20; Psalm 111;
Revelation 12:1-5a; Mark 1:21-28

Sundays in February 2018

- 4 *2 before Lent*
Proverbs 8:1,22-31; Psalm 104:26-end;
Colossians 1:15-20; John 1:1-14
- 11 *Sunday next before Lent*
2 Kings 2:1-12; Psalm 50:1-6;
2 Corinthians 4:3-6; Mark 9:2-9
- 18 *Lent 1*
Genesis 9:8-17; Psalm 25:1-9;
1 Peter 3:18-end; Mark 1:9-15
- 25 *Lent 2*
Genesis 17:1-7,15-16; Psalm 22:23-end;
Romans 4:13-end; Mark 8:31-end

Sundays in March 2018

- 4 *Lent 3*
Exodus 20:1-17; Psalm 19;
1 Corinthians 1:18-25; John 2:13-22
- 11 *Mothering Sunday*
Exodus 2:1-10; Psalm 34:11-20;
2 Corinthians 1:3-7; Luke 2:33-35
- 18 *Lent 5*
Jeremiah 31:31-34; Psalm 51:1-13;
Hebrews 5:5-10; John 12:20-33
- 25 *Palm Sunday*
Isaiah 50:4-9a; Psalm 31:9-16;
Philippians 2:5-11; Mark 14:1-end of 15

Prayer Journaling Bible Study

January – March 2018



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

January 2018

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

February 2018

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

March 2018

1	Thursday	Luke 16:19-end
2	Friday	Matthew 21:33-43,45-46
3	Saturday	Luke 15:1-3,11-end
4	Sunday	John 2:13-22
5	Monday	Luke 4:24-30
6	Tuesday	Matthew 18:21-end
7	Wednesday	Matthew 5:17-19
8	Thursday	Luke 11:14-23
9	Friday	Mark 12:28-34
10	Saturday	Luke 18:9-14
11	Sunday	Luke 2:33-35
12	Monday	John 4:43-end
13	Tuesday	John 5:1-3,5-16
14	Wednesday	John 5:17-30
15	Thursday	John 5:31-end
16	Friday	John 7:1-2,10,25-30
17	Saturday	John 7:40-52
18	Sunday	John 12:20-33
19	Monday	Matthew 1:18-end
20	Tuesday	John 8:21-30
21	Wednesday	John 8:31-42
22	Thursday	John 8:51-end
23	Friday	John 10:31-end
24	Saturday	John 11:45-end
25	Sunday	Mark 14:1-end of 15
26	Monday	John 12:1-11
27	Tuesday	John 12:20-36
28	Wednesday	John 13:21-32
29	Thursday	John 13:1-17,31b-35
30	Friday	John 18:1-end of 19
31	Saturday	Matthew 27:57-end