

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 April 2016

- 3 *Easter 2*  
Acts 5:27-32; Revelations 1:4-8;  
John 20:19-end
- 10 *Easter 3*  
Acts 9:1-6; Revelations 5:11-14;  
John 21:1-19
- 17 *Easter 4*  
Acts 9:36-end; Revelations 7:9-end;  
John 10:22-30
- 24 *Easter 5*  
Acts 11:1-18; Revelations 21:1-6;  
John 13:31-35

### Sundays in May 2016

- 1 *Easter 6*  
Acts 16:9-15; Revelations 21:10,22-22:5;  
John 14:23-29
- 8 *Easter 7*  
Acts 16:16-34; Revelations 22:12-14,16-17,20-end; John 17:20-end
- 15 *Pentecost*  
Acts 2:1-21; Romans 8:14-17;  
John 14:8-17
- 22 *Trinity*  
Proverbs 8:1-4,22-31; Romans 5:1-5;  
John 16:12-15
- 29 *Trinity 1*  
1 Kings 18:20-21,30-39; Galatians 1:1-12;  
Luke 7:1-10

### Sundays in June 2016

- 5 *Trinity 2*  
1 Kings 17:8-16; Galatians 1:11-end;  
Luke 7:11-17
- 12 *Trinity 3*  
1 Kings 21:1-10,15-21a;  
Galatians 2:15-end; Luke 7:36-8:3
- 19 *Trinity 4*  
1 Kings 19:1-4,8-15a; Galatians 3:23-end;  
Luke 8:26-39
- 26 *Trinity 5*  
2 Kings 2:1-2,6-14; Galatians 5:1,13-25;  
Luke 9:51-end

# Prayer Journaling Bible Study

April – June 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

## April 2016

1	Friday	John 21:1-14
2	Saturday	Mark 16:9-15
3	Sunday	John 20:19-end
4	Monday	Luke 1:26-38
5	Tuesday	John 3:7-15
6	Wednesday	John 3:16-21
7	Thursday	John 3:31-end
8	Friday	John 6:1-15
9	Saturday	John 6:16-21
10	Sunday	John 21:1-19
11	Monday	John 6:22-29
12	Tuesday	John 6:30-35
13	Wednesday	John 6:35-40
14	Thursday	John 6:44-51
15	Friday	John 6:52-59
16	Saturday	John 6:60-69
17	Sunday	John 10:22-30
18	Monday	John 10:1-10
19	Tuesday	John 10:22-30
20	Wednesday	John 12:44-end
21	Thursday	John 13:16-20
22	Friday	John 14:1-6
23	Saturday	John 15:18-21
24	Sunday	John 13:31-35
25	Monday	Mark 13:5-13
26	Tuesday	John 14:27-end
27	Wednesday	John 15:1-8
28	Thursday	John 15:9-11
29	Friday	John 15:12-17
30	Saturday	John 15:18-21

## May 2016

1	Sunday	John 14:23-29
2	Monday	John 14:1-14
3	Tuesday	John 16:5-11
4	Wednesday	John 16:12-15
5	Thursday	Luke 24:44-end
6	Friday	John 16:20-23
7	Saturday	John 16:23-28
8	Sunday	John 17:20-end
9	Monday	John 16:29-end
10	Tuesday	John 17:1-11
11	Wednesday	John 17:11-19
12	Thursday	John 17:20-end
13	Friday	John 21:15-19
14	Saturday	John 15:9-17
15	Sunday	John 14:8-17
16	Monday	Mark 9:14-29
17	Tuesday	Mark 9:30-37
18	Wednesday	Mark 9:38-40
19	Thursday	Mark 9:41-50
20	Friday	Mark 10:1-12
21	Saturday	Mark 10:13-16
22	Sunday	John 16:12-15
23	Monday	Mark 10:17-27
24	Tuesday	Mark 10:28-31
25	Wednesday	Mark 10:32-45
26	Thursday	John 6:51-58
27	Friday	Mark 11:11-26
28	Saturday	Mark 11:27-end
29	Sunday	Luke 7:1-10
30	Monday	Mark 12:1-12
31	Tuesday	Luke 1:39-49

## June 2016

1	Wednesday	Mark 12:18-27
2	Thursday	Mark 12:28-34
3	Friday	Mark 12:35-37
4	Saturday	Mark 12:38-end
5	Sunday	Luke 7:11-17
6	Monday	Matthew 5:1-12
7	Tuesday	Matthew 5:13-16
8	Wednesday	Matthew 5:17-19
9	Thursday	Matthew 5:20-26
10	Friday	Matthew 5:27-32
11	Saturday	John 15:12-17
12	Sunday	Luke 7:36-8:3
13	Monday	Matthew 5:38-42
14	Tuesday	Matthew 5:43-end
15	Wednesday	Matthew 6:1-6,16-18
16	Thursday	Matthew 6:7-15
17	Friday	Matthew 6:19-23
18	Saturday	Matthew 6:24-end
19	Sunday	Luke 8:26-39
20	Monday	Matthew 7:1-5
21	Tuesday	Matthew 7:6,12-14
22	Wednesday	Matthew 7:15-20
23	Thursday	Matthew 7:21-end
24	Friday	Luke 1:57-66,80
25	Saturday	Matthew 8:5-17
26	Sunday	Luke 9:51-end
27	Monday	Matthew 8:18-22
28	Tuesday	Matthew 8:23-27
29	Wednesday	Matthew 16:13-19
30	Thursday	Matthew 9:1-8