

Prayer Journaling Bible Study

July – September 2016



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 2016

- 3 *Thomas the Apostle*
Habakkuk 2:1-4; Ephesians 2:19-end;
John 20:24-29
- 10 *Trinity 7*
Amos 7:7-end; Colossians 1:1-14;
Luke 10:25-37
- 17 *Trinity 8*
Amos 8:1-12; Colossians 1:15-28;
Luke 10:38-end
- 24 *Trinity 9*
Hosea 1:2-10; Colossians 2:6-15;
Luke 11:1-13
- 31 *Trinity 10*
Hosea 11:1-11; Colossians 3:1-11;
Luke 12:13-21

Sundays in August 2016

- 7 *Trinity 11*
Isaiah 1:1,10-20; Hebrews 11:1-3,8-16;
Luke 12:32-40
- 14 *Trinity 12*
Isaiah 5:1-7; Hebrews 11:29-12:2;
Luke 12:49-56
- 21 *Trinity 13*
Jeremiah 1:4-10; Hebrews 12:18-end;
Luke 13:10-17
- 28 *Trinity 14*
Jeremiah 2:4-13; Hebrews 13:1-8,15-16;
Luke 14:1,7-14

Sundays in September 2016

- 4 *Trinity 15*
Jeremiah 18:1-11; Philemon 1-21;
Luke 14:25-33
- 11 *Trinity 16*
Jeremiah 4:11-12,22-28;
1 Timothy 1:12-17; Luke 15:1-10
- 18 *Trinity 17*
Jeremiah 8:18-9:1; 1 Timothy 2:1-7;
Luke 16:1-13
- 25 *Trinity 18*
Jeremiah 32:1-3a,6-15; 1 Timothy 6:6-19;
Luke 16:19-end

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 2016

1	Friday	Matthew 9:9-13
2	Saturday	Matthew 9:14-17
3	Sunday	John 20:24-29
4	Monday	Matthew 9:18-26
5	Tuesday	Matthew 9:32-end
6	Wednesday	Matthew 10:1-7
7	Thursday	Matthew 10:7-15
8	Friday	Matthew 10:16-23
9	Saturday	Matthew 10:24-33
10	Sunday	Luke 10:25-37
11	Monday	Matthew 10:34-11:1
12	Tuesday	Matthew 11:20-24
13	Wednesday	Matthew 11:25-27
14	Thursday	Matthew 11:28-end
15	Friday	Matthew 12:1-8
16	Saturday	Matthew 12:14-21
17	Sunday	Luke 10:38-end
18	Monday	Matthew 12:38-42
19	Tuesday	Matthew 12:46-end
20	Wednesday	Matthew 13:1-9
21	Thursday	Matthew 13:10-17
22	Friday	John 20:1-2,11-18
23	Saturday	Matthew 13:24-30
24	Sunday	Luke 11:1-13
25	Monday	Matthew 20:20-28
26	Tuesday	Matthew 13:36-43
27	Wednesday	Matthew 13:44-46
28	Thursday	Matthew 13:47-53
29	Friday	Matthew 13:54-end
30	Saturday	Matthew 14:1-12
31	Sunday	Luke 12:13-21

August 2016

1	Monday	Matthew 14:13-21
2	Tuesday	Matthew 14:22-end
3	Wednesday	Matthew 15:21-28
4	Thursday	Matthew 16:13-23
5	Friday	Matthew 16:24-28
6	Saturday	Luke 9:28-36
7	Sunday	Luke 12:32-40
8	Monday	Matthew 17:22-end
9	Tuesday	Matthew 18:1-5,10,12-14
10	Wednesday	Matthew 18:15-20
11	Thursday	Matthew 18:21-19:1
12	Friday	Matthew 19:3-12
13	Saturday	Matthew 19:13-15
14	Sunday	Luke 12:49-56
15	Monday	Luke 1:46-55
16	Tuesday	Matthew 19:23-end
17	Wednesday	Matthew 20:1-16
18	Thursday	Matthew 22:1-14
19	Friday	Matthew 22:34-40
20	Saturday	Matthew 23:1-12
21	Sunday	Luke 13:10-17
22	Monday	Matthew 23:13-22
23	Tuesday	Matthew 23:23-26
24	Wednesday	Luke 22:24-30
25	Thursday	Matthew 24:42-end
26	Friday	Matthew 25:1-13
27	Saturday	Matthew 25:14-30
28	Sunday	Luke 14:1,7-14
29	Monday	Luke 4:16-30
30	Tuesday	Luke 4:31-37
31	Wednesday	Luke 4:38-end

September 2016

1	Thursday	Luke 5:1-11
2	Friday	Luke 5:33-end
3	Saturday	Luke 6:1-5
4	Sunday	Luke 14:25-33
5	Monday	Luke 6:6-11
6	Tuesday	Luke 6:12-19
7	Wednesday	Luke 6:20-26
8	Thursday	Luke 6:27-38
9	Friday	Luke 6:39-42
10	Saturday	Luke 6:43-end
11	Sunday	Luke 15:1-10
12	Monday	Luke 7:1-10
13	Tuesday	Luke 7:11-17
14	Wednesday	John 3:13-17
15	Thursday	Luke 7:36-end
16	Friday	Luke 8:1-3
17	Saturday	Luke 8:4-15
18	Sunday	Luke 16:1-13
19	Monday	Luke 8:16-18
20	Tuesday	Luke 8:19-21
21	Wednesday	Matthew 9:9-13
22	Thursday	Luke 9:7-9
23	Friday	Luke 9:18-22
24	Saturday	Luke 9:43b-45
25	Sunday	Luke 16:19-end
26	Monday	Luke 9:46-50
27	Tuesday	Luke 9:51-56
28	Wednesday	Luke 9:57-end
29	Thursday	John 1:47-end
30	Friday	Luke 10:13-16