

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 October 2017

- 1 *16th Sunday after Trinity*  
Psalm 78:1-4,12-16;  
Philippians 2:1-13; Matthew 21:23-32
- 8 *17th Sunday after Trinity*  
Psalm 19;  
Philippians 3:4b-14; Matthew 21:33-end
- 15 *18th Sunday after Trinity*  
Psalm 106:1-6,19-23;  
Philippians 4:1-9; Matthew 22:1-14
- 22 *19th Sunday after Trinity*  
Psalm 99;  
1 Thessalonians 1:1-10; Matthew 22:15-22
- 29 *Last Sunday after Trinity*  
Psalm 90:1-6,13-17;  
1 Thessalonians 2:1-8; Matthew 22:34-end

### Sundays in November 2017

- 5 *4th Sunday before Advent*  
Psalm 43;  
1 Thessalonians 2:9-13; Matthew 24:1-14
- 12 *Remembrance Sunday*  
Psalm 70;  
1 Thessalonians 4:13-end; Matthew 25:1-13
- 19 *2nd Sunday before Advent*  
Psalm 90:1-8,12;  
1 Thessalonians 5:1-11; Matthew 25:14-30
- 26 *Christ the King*  
Psalm 95:1-7;  
Ephesians 1:15-end; Matthew 25:31-end

### Sundays in December 2017

- 3 *1st Sunday of Advent*  
Psalm 80:1-8,18-20;  
1 Corinthians 1:3-9; Mark 13:24-end
- 10 *2nd Sunday of Advent*  
Psalm 85:1-2,8-end;  
2 Peter 3:8-15a; Mark 1:1-8
- 17 *3rd Sunday of Advent*  
Psalm 126;  
1 Thessalonians 5:16-24; John 1:6-8,19-28
- 24 *Christmas Eve*  
Psalm 89:1-4,19-26;  
Romans 16:25-end; Luke 1:26-38
- 31 *1st Sunday of Christmas*  
Psalm 148;  
Galatians 4:4-7; Luke 2:15-21

# Prayer Journaling Bible Study

October – December 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

## October 2017

1	Sunday	Matthew 21:23-32
2	Monday	Luke 9:46-50
3	Tuesday	Luke 9:51-56
4	Wednesday	Luke 9:57-end
5	Thursday	Luke 10:1-12
6	Friday	Luke 10:13-16
7	Saturday	Luke 10:17-24
8	Sunday	Matthew 21:33-end
9	Monday	Luke 10:25-37
10	Tuesday	Luke 10:38-end
11	Wednesday	Luke 11:1-4
12	Thursday	Luke 11:5-13
13	Friday	Luke 11:15-26
14	Saturday	Luke 11:27-28
15	Sunday	Matthew 22:1-14
16	Monday	Luke 11:29-32
17	Tuesday	Luke 11:37-41
18	Wednesday	Luke 10:1-9
19	Thursday	Luke 11:47-end
20	Friday	Luke 12:1-7
21	Saturday	Luke 12:8-12
22	Sunday	Matthew 22:15-22
23	Monday	Luke 12:13-21
24	Tuesday	Luke 12:35-38
25	Wednesday	Luke 12:39-48
26	Thursday	Luke 12:49-53
27	Friday	Luke 12:54-end
28	Saturday	John 15:17-end
29	Sunday	Matthew 24:30-35
30	Monday	Luke 13:10-17
31	Tuesday	Luke 13:18-21

## November 2017

1	Wednesday	Matthew 5:1-12
2	Thursday	Luke 13:31-end
3	Friday	Luke 14:1-6
4	Saturday	Luke 14:1,7-11
5	Sunday	Matthew 24:1-14
6	Monday	Luke 14:12-14
7	Tuesday	Luke 14:15-24
8	Wednesday	Luke 14:25-33
9	Thursday	Luke 15:1-10
10	Friday	Luke 16:1-8
11	Saturday	Luke 16:9-15
12	Sunday	Matthew 25:1-13
13	Monday	Luke 17:1-6
14	Tuesday	Luke 17:7-10
15	Wednesday	Luke 17:11-19
16	Thursday	Luke 17:20-25
17	Friday	Luke 17:26-end
18	Saturday	Luke 18:1-8
19	Sunday	Matthew 25:14-30
20	Monday	Luke 18:35-end
21	Tuesday	Luke 19:1-10
22	Wednesday	Luke 19:11-28
23	Thursday	Luke 19:41-44
24	Friday	Luke 19:45-48
25	Saturday	Luke 20:27-40
26	Sunday	Matthew 25:31-end
27	Monday	Luke 21:1-4
28	Tuesday	Luke 21:5-11
29	Wednesday	Luke 21:12-19
30	Thursday	Matthew 4:18-22

## December 2017

1	Friday	Luke 21:29-33
2	Saturday	Luke 21:34-36
3	Sunday	Mark 13:24-end
4	Monday	Matthew 8:5-11
5	Tuesday	Luke 10:21-24
6	Wednesday	Matthew 15:29-37
7	Thursday	Matthew 7:21,24-27
8	Friday	Matthew 9:27-31
9	Saturday	Matthew 9:35-10:1,6-8
10	Sunday	Mark 1:1-8
11	Monday	Luke 5:17-26
12	Tuesday	Matthew 18:12-14
13	Wednesday	Matthew 11:28-end
14	Thursday	Matthew 11:11-15
15	Friday	Matthew 11:16-19
16	Saturday	Matthew 17:10-13
17	Sunday	John 1:6-8,19-28
18	Monday	Matthew 1:18-24
19	Tuesday	Luke 1:5-25
20	Wednesday	Luke 1:26-38
21	Thursday	Luke 1:39-45
22	Friday	Luke 1:46-56
23	Saturday	Luke 1:57-66
24	Sunday	Luke 1:26-38
25	Monday	John 1:1-14
26	Tuesday	Matthew 10:17-22
27	Wednesday	John 21:19b-end
28	Thursday	Matthew 2:13-18
29	Friday	Luke 2:22-35
30	Saturday	Luke 2:36-40
31	Sunday	Luke 2:15-21