

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 2014

- 6 **5th Sunday of Lent**
Ezekiel 37.1-14, Psalm 130,
Romans 8.6-11, John 11.1-45
- 13 **Psalm Sunday**
Matthew 21.1-11, Psalm 118.1-2, 19-end
- 20 **Easter Day**
Acts 10.34-43, Psalm 118.1-2, 14-24,
Colossians 3.1-4, John 20.1-18
- 27 **2nd Sunday of Easter**
Acts 2.14a, 22-32, Psalm 16, I Peter
1.3-9, John 20.19-end

Sundays in May 2014

- 4 **3rd Sunday of Easter**
Acts 2.14a, 36-41, Psalm 116.1-3, 10-17,
I Peter 1.17-23, Luke 24.13-35
- 11 **4th Sunday of Easter**
Acts 2.42-end, Psalm 23, I Peter 2.19-end,
John 10.1-10
- 18 **5th Sunday of Easter**
Acts 7.55-end, Psalm 31.1-5, 15-16, I
Peter 2.2-10, John 14.1-14
- 25 **6th Sunday of Easter**
Acts 17.22-31, Psalm 66.7-end, I Peter
3.13-end, John 14.15-21

Sundays in June 2014

- 1 **7th Sunday of Easter**
Acts 1.6-14, Psalm 68.1-10, 32-35, I
Peter 4.12-14; 5.6-11, John 17.1-11
- 8 **Pentecost**
Acts 2.1-21, Psalm 104.26-36, 37b, I
Corinthians 12.3b-13, John 20.19-23
- 15 **Trinity Sunday**
Isaiah 40.12-17, 27-end, Psalm 8, 2
Corinthians 13.11-end, Matthew
28.16-20
- 22 **1st Sunday after Trinity**
Genesis 21.8-21, Psalm 86.1-10, 16-17,
Romans 6.1b-11, Matthew 10.24-39
- 29 **Peter and Paul, Apostles**
Zechariah 4.1-6a, 10b-end, Psalm 125,
Acts 12.1-11, Matthew 16.13-19

Prayer Journaling Bible Study

April-June 2014



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

May 2014

April 2014

1	Tuesday	John 5.1-3, 5-16
2	Wednesday	John 5.17-30
3	Thursday	John 5.31-end
4	Friday	John 7.1-2, 10, 25-30
5	Saturday	John 7.40-52
6	Sunday	John 11.1-45
7	Monday	John 8.1-11
8	Tuesday	John 8.21-30
9	Wednesday	John 8.31-42
10	Thursday	John 8.51-end
11	Friday	John 10.31 – end
12	Saturday	John 11.45 – end
13	Sunday	Matthew 21.1-11
14	Monday	John 12.1-11
15	Tuesday	John 12.20 – 36
16	Wednesday	John 13.21-32
17	Thursday	John 13.1-17, 31b-35
18	Friday	John 18.1 – end of 19
19	Saturday	John 19.38 – end
20	Sunday	Matthew 28.1-10
21	Monday	Matthew 28.8 – 15
22	Tuesday	John 20.11 – 18
23	Wednesday	Luke 24.13-35
24	Thursday	Luke 24.35 – 48
25	Friday	John 21.1-14
26	Saturday	Mark 16.9-15
27	Sunday	John 20.19 – end
28	Monday	John 15.18-21
29	Tuesday	Mark 13.5-13
30	Wednesday	John 3.16-21

1	Thursday	John 14.1-14
2	Friday	John 6.1-15
3	Saturday	John 6.16-21
4	Sunday	Luke 24.13-35
5	Monday	John 6.22-29
6	Tuesday	John 6.30-35
7	Wednesday	John 6.35-40
8	Thursday	John 6.44-51
9	Friday	John 6.52-59
10	Saturday	John 6.60-69
11	Sunday	John 10.1-10
12	Monday	John 11-18
13	Tuesday	John 10.22-30
14	Wednesday	John 15.9-17
15	Thursday	John 13.16-20
16	Friday	John 14.1-6
17	Saturday	John 14.7-14
18	Sunday	John 14.1-14
19	Monday	John 14.21-26
20	Tuesday	John 14.27-end
21	Wednesday	John 15.1-8
22	Thursday	John 15.9-11
23	Friday	John 15.12-17
24	Saturday	John 15.18-21
25	Sunday	John 14.15-21
26	Monday	John 15.26-16.4
27	Tuesday	John 16.5-11
28	Wednesday	John 16.12-15
29	Thursday	Luke 24.44-end
30	Friday	John 16.20-23
31	Saturday	Luke 1.38-49[50-56]

June 2014

1	Sunday	John 17.1-11
2	Monday	John 16.29-end
3	Tuesday	John 17.1-11
4	Wednesday	John 17.11-19
5	Thursday	John 17.20-end
6	Friday	John 21.15-19
7	Saturday	John 21.20-end
8	Sunday	John 20.19-23
9	Monday	Matthew 5.1-12
10	Tuesday	Matthew 5.13-16
11	Wednesday	John 15.12-17
12	Thursday	Matthew 5.20-26
13	Friday	Matthew 5.27-32
14	Saturday	Matthew 5.33-37
15	Sunday	Matthew 28.16-20
16	Monday	Matthew 5.38-42
17	Tuesday	Matthew 5.43-end
18	Wednesday	Matthew 6.1-6, 16-18
19	Thursday	John 6.51-58
20	Friday	Matthew 6.7-15
21	Saturday	Matthew 6.19-23
22	Sunday	Matthew 10.24-39
23	Monday	Matthew 7.1-5
24	Tuesday	Luke 1.57-66,80
25	Wednesday	Matthew 7.15-20
26	Thursday	Matthew 7.21-end
27	Friday	Matthew 8.1-4
28	Saturday	Matthew 8.5-17
29	Sunday	Matthew 10.40-end
30	Monday	Matthew 16.13-19