

# Prayer Journaling Bible Study

July-September 2013



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 2013

7 *Trinity VI*  
Isaiah 66:10-14; Galatians 6:7-16;  
Luke 10:1-11,16-20  
14 *Trinity VII*  
Deuteronomy 30:9-14; Colossians 1:1-14;  
Luke 10:25-37  
21 *Trinity VIII*  
Genesis 18:1-10a; Colossians 1:15-28;  
Luke 10:38-end  
28 *Trinity IX*  
Genesis 18:20-32; Colossians 2:6-19;  
Luke 11:1-13

## Sundays in August 2013

4 *Trinity X*  
Ecclesiastes 1:2,12-14,2:18-23;  
Colossians 3:1-11; Luke 12:13-21  
11 *Trinity XI*  
Genesis 15:1-6; Hebrews 11:1-3,8-16;  
Luke 12:32-40  
18 *Trinity XII*  
Jeremiah 23:23-29; Hebrews 11:29-12:2;  
Luke 12:49-56  
25 *Trinity XIII*  
Isaiah 58:9b-end; Hebrews 12:18-end;  
Luke 13:10-17

## Sundays in September 2013

1 *Trinity XIV*  
Proverbs 25:6-7; Hebrews 13:1-8,15-16;  
Luke 14:1,7-14  
8 *Trinity XV*  
Deuteronomy 30:15-end; Philemon 1-21;  
Luke 14:25-33  
15 *Trinity XVI*  
Exodus 32:7-14; 1 Timothy 1:12-17; Luke 15:1-10  
22 *Trinity XVII*  
Amos 8:4-7; 1 Timothy 2:1-7; Luke 16:1-13  
29 *Michael & All Angels*  
Psalm 103:19-end; Revelation 12:7-12;  
John 1:47-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

## Daily Gospel Readings

### August 2013

#### July 2013

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

1	Thursday	Matthew 13:47-53
2	Friday	Matthew 13:54-end
3	Saturday	Matthew 14:1-12
4	Sunday	Luke 12:13-21
5	Monday	Matthew 14:22-end
6	Tuesday	Luke 9:28-36
7	Wednesday	Matthew 15:21-28
8	Thursday	Matthew 16:13-23
9	Friday	Matthew 16:24-end
10	Saturday	Matthew 17:14-20
11	Sunday	Luke 12:32-40
12	Monday	Matthew 17:22-end
13	Tuesday	Matthew 18:1-5,10,12-14
14	Wednesday	Matthew 18:15-20
15	Thursday	Luke 1:46-55
16	Friday	Matthew 19:3-12
17	Saturday	Matthew 19:13-15
18	Sunday	Luke 12:49-56
19	Monday	Matthew 19:16-22
20	Tuesday	Matthew 19:23-end
21	Wednesday	Matthew 20:1-16
22	Thursday	Matthew 22:1-14
23	Friday	Matthew 22:34-40
24	Saturday	Luke 22:24-30
25	Sunday	Luke 13:10-17
26	Monday	Matthew 23:13-22
27	Tuesday	Matthew 23:23-26
28	Wednesday	Matthew 23:27-32
29	Thursday	Matthew 14:1-12
30	Friday	Matthew 25:1-13
31	Saturday	Matthew 25:14-30

#### September 2013

1	Sunday	Luke 14:1,7-14
2	Monday	Luke 4:16-30
3	Tuesday	Luke 4:31-37
4	Wednesday	Luke 4:38-end
5	Thursday	Luke 5:1-11
6	Friday	Luke 5:33-end
7	Saturday	Luke 6:1-5
8	Sunday	Luke 14:25-33
9	Monday	Luke 6:6-11
10	Tuesday	Luke 6:12-19
11	Wednesday	Luke 6:20-26
12	Thursday	Luke 6:27-38
13	Friday	Luke 6:39-42
14	Saturday	John 3:13-17
15	Sunday	Luke 15:1-10
16	Monday	Luke 7:1-10
17	Tuesday	Luke 7:11-17
18	Wednesday	Luke 7:31-35
19	Thursday	Luke 7:36-end
20	Friday	Luke 8:1-3
21	Saturday	Matthew 9:9-13
22	Sunday	Luke 16:1-13
23	Monday	Luke 8:16-18
24	Tuesday	Luke 8:19-21
25	Wednesday	Luke 9:1-6
26	Thursday	Luke 9:7-9
27	Friday	Luke 9:18-22
28	Saturday	Luke 9:43b-45
29	Sunday	John 1:47-end
30	Monday	Luke 9:46-50