

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 January 2014

- 5 *Epiphany*
Isaiah 60.1-6; Ephesians 3.1-12
Matthew 2.1-12
- 12 *Baptism of Christ*
Isaiah 42.1-9; Acts 10.34-43
Matthew 3.13-end
- 19 *2nd Sunday of Epiphany*
Isaiah 49.1-7; I Corinthians 1.1-9
John 1.29-42
- 26 *3rd Sunday of Epiphany*
Isaiah 9.1-4; I Corinthians 1.10-18;
Matthew 4.12-23

Sundays in February 2014

- 2 *Presentation of Christ in the Temple (Candlemass);* Malachi 3.1-5; Hebrews 2.14-end; Luke 2.22-40
- 9 *4th Sunday before Lent*
Isaiah 58.1-9a[9b-12]; I Corinthians 2.1-12[13-end]; Matthew 5.13-20
- 16 *3rd Sunday before Lent*
Deuteronomy 30.15-end
I Corinthians 3.1-9
Matthew 5.27-37
- 23 *2nd Sunday before Lent*
Genesis 1.1-2.3; Romans 8.18-25
Matthew 6.25-end

Sundays in March 2014

- 2 *Sunday next before Lent*
Exodus 24.12-end; 2 Peter 1.16-end
Matthew 17.1-9
- 9 *1st Sunday of Lent*
Genesis 2.15-17; 3.1-7; Romans 5.12-19
Matthew 4.1-11
- 16 *2nd Sunday of Lent*
Genesis 12.1-4a; Romans 4.1-5, 13-17
John 3.1-17
- 23 *3rd Sunday of Lent*
Exodus 17.1-7; Romans 5.1-11
John 4.5-42
- 30 *4th Sunday of Lent (Mothering Sunday)*
I Samuel 1.20-end; 2 Corinthians 1.3-7or
Colossians 3.12-17; Luke 2.33-35

Teme Valley North Parish

Prayer Journaling

Bible Study

January-March 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

January 2014

1	Wednesday	Luke 2.15-21
2	Thursday	John 1.19-28
3	Friday	John 1.29-34
4	Saturday	John 1.35-42
5	Sunday	Matthew 2.1-12
6	Monday	Matthew 4.12-17,23-end
7	Tuesday	Mark 6.34-44
8	Wednesday	Mark 6.45-52
9	Thursday	Luke 4.14-22
10	Friday	Luke 5.12-16
11	Saturday	John 3.22-30
12	Sunday	Matthew 3.13-end
13	Monday	Mark 1.14-20
14	Tuesday	Mark 1.21-28
15	Wednesday	Mark 1.29-39
16	Thursday	Mark 1.40-end
17	Friday	Mark 2.1-12
18	Saturday	Mark 2.13-17
19	Sunday	John 1.29-42
20	Monday	Mark 2.18-22
21	Tuesday	Mark 2.23-end
22	Wednesday	Mark 3.1-6
23	Thursday	Mark 3.7-12
24	Friday	Mark 3.13-19
25	Saturday	Matthew 19.27- end
26	Sunday	Matthew 4.12-23
27	Monday	Mark 3.22-30
28	Tuesday	Mark 3.31-end
29	Wednesday	Mark 4.1-20
30	Thursday	Mark 4.21-25
31	Friday	Mark 4.26-34

February 2014

1	Saturday	Mark 4.35-end
2	Sunday	Luke 2.22-40
3	Monday	Mark 5.1-20
4	Tuesday	Mark 5.21-end
5	Wednesday	Mark 6.1-6a
6	Thursday	Mark 6.7-13
7	Friday	Mark 6.14-29
8	Saturday	Mark 6.30-34
9	Sunday	Matthew 5.13-20
10	Monday	Mark 6.53-end
11	Tuesday	Mark 7.1-13
12	Wednesday	Mark 7.14-23
13	Thursday	Mark 7.24-30
14	Friday	Mark 7.31-end
15	Saturday	Mark 8.10-10
16	Sunday	Matthew 5.21-37
17	Monday	Mark 8.11-13
18	Tuesday	Mark 8.14-21
19	Wednesday	Mark 8.22-26
20	Thursday	Mark 8.27-33
21	Friday	Mark 8.34-9.1
22	Saturday	Mark 9.2-13
23	Sunday	Matthew 6.25-end
24	Monday	Mark 9.14-29
25	Tuesday	Mark 9.30-37
26	Wednesday	Mark 9.38-40
27	Thursday	Mark 9.41-end
28	Friday	Mark 10.1-12

March 2014

1	Saturday	Mark 10.13-16
2	Sunday	Matthew 17.1-19
3	Monday	Mark 10.17-27
4	Tuesday	Mark 10.28-31
5	Wednesday	John 8.1-11
6	Thursday	Luke 9.22-25
7	Friday	Matthew 9.14-15
8	Saturday	Luke 5.27-32
9	Sunday	Matthew 4.1-11
10	Monday	Matthew 25.31-end
11	Tuesday	Matthew 6.7-15
12	Wednesday	Luke 11.29-32
13	Thursday	Matthew 7.7-12
14	Friday	Matthew 5.20-26
15	Saturday	Matthew 5.43-end
16	Sunday	John 3.1-17
17	Monday	Luke 6.36-38
18	Tuesday	Matthew 23.1-12
19	Wednesday	Matthew 1.18-end
20	Thursday	Luke 16.19-end
21	Friday	Matthew 21.33-43,45-46
22	Saturday	Luke 15.1-3, 11-end
23	Sunday	John 4.5-42
24	Monday	Luke 4.24-30
25	Tuesday	Luke 1.26-38
26	Wednesday	Matthew 5.17-19
27	Thursday	Luke 11.14-23
28	Friday	Mark 12.28-34
29	Saturday	Luke 18.9-14
30	Sunday	John 19.25b-27
31	Monday	John 4.43- end