

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 2014:-**

- 6 Matthew 11.6-19,25-end
- 13 Matthew 13.1-19,18-23
- 20 Matthew 13.24-30,36-43
- 27 *Matthew 13.31-33,44-52*



### **Sundays in August 2014:-**

- 3 Matthew 14.13-21
- 10 Matthew 14.2-33
- 17 Matthew 15[10-20]21-28
- 24 Matthew 16.13-20
- 31 Matthew 16.21-end



### **Sundays in September 2014:-**

- 7 Matthew 18.15-20
- 14 Matthew 18.21-35
- 21 Matthew 9.9-13
- 28 Matthew 21.23-32

**TEME VALLEY NORTH PARISH**

# **Prayer Journaling Bible Study**

**July-September 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

### July 2014

1	Tuesday	Matthew 8.23-27
2	Wednesday	Matthew 8.28 – end
3	Thursday	John 20.24-29
4	Friday	Matthew 9.9-13
5	Saturday	Matthew 9.14 – 17
6	Sunday	Matthew 11.16-19, 25-end
7	Monday	Matthew 9.18-26
8	Tuesday	Matthew 9.32-end
9	Wednesday	Matthew 10.1-7
10	Thursday	Matthew 10.7-15
11	Friday	Matthew 10.16-23
12	Saturday	Matthew 10.24-33
13	Sunday	Matthew 13.1-9,18-23
14	Monday	Matthew 10.34-11.1
15	Tuesday	Matthew 11.20-24
16	Wednesday	Matthew 11.25-27
17	Thursday	Matthew 11.28-end
18	Friday	Matthew 12.1-8
19	Saturday	Matthew 12.14-21
20	Sunday	Matthew 13.24-30,36-43
21	Monday	Matthew 12.38-42
22	Tuesday	John 20.1-2,11-18
23	Wednesday	Matthew 13.1-9
24	Thursday	Matthew 13.10-17
25	Friday	Matthew 20.20-28
26	Saturday	Matthew 13.24-30
27	Sunday	Matthew 13.31-33,44-52
28	Monday	Matthew 13.31-35
29	Tuesday	Matthew 13.36-43
30	Wednesday	Matthew 13.44-46
31	Thursday	Matthew 13.47-53

### August 2014

1	Friday	Mathew 13.54-end
2	Saturday	Matthew 14.1-12
3	Sunday	Matthew 14.13-21
4	Monday	Matthew 14.22-end
5	Tuesday	Matthew 15.1-2,10-14
6	Wednesday	Luke 9.28-36
7	Thursday	Matthew 16.13-23
8	Friday	Matthew 16.24-28
9	Saturday	Matthew 17.14-20
10	Sunday	Matthew 14.22-33
11	Monday	Matthew 17.22-end
12	Tuesday	Matthew 18.1-5,10,12-14
13	Wednesday	Matthew 18.15-20
14	Thursday	Matthew 18.21-19.1
15	Friday	Luke 1.46-55
16	Saturday	Matthew 19.13-15
17	Sunday	Matthew 15[10-20]21-28
18	Monday	Matthew 19.16-22
19	Tuesday	Matthew 19.23-end
20	Wednesday	Matthew 20.1-16
21	Thursday	Matthew 22.1-14
22	Friday	Matthew 22.34-40
23	Saturday	Matthew 23.1-12
24	Sunday	Luke 22.24-30
25	Monday	Matthew 23.13-22
26	Tuesday	Matthew 23.23-26
27	Wednesday	Luke 22.24-30
28	Thursday	Matthew 24.42-end
29	Friday	Matthew 14.1-12
30	Saturday	Matthew 25.14-30
31	Sunday	Matthew 16.21-end

### September 2014

1	Monday	Luke 4.16-30
2	Tuesday	Luke 4.31-37
3	Wednesday	Luke 4.38-end
4	Thursday	Luke 5.1-11
5	Friday	Luke 5.33-end
6	Saturday	Luke 6.1-5
7	Sunday	Matthew 18.15-20
8	Monday	Luke 6.6-11
9	Tuesday	Luke 6.12-19
10	Wednesday	Luke 6.20-26
11	Thursday	Luke 6.27-38
12	Friday	Luke 6.39-42
13	Saturday	Luke 6.43-end
14	Sunday	John 3.13-17
15	Monday	Luke 7.1-10
16	Tuesday	Luke 7.11-17
17	Wednesday	Luke 7.31-35
18	Thursday	Luke 7.36-end
19	Friday	Luke 8.1-3
20	Saturday	Luke 8.4-15
21	Sunday	Matthew 9.9-13
22	Monday	Luke 8.16-18
23	Tuesday	Luke 8.19-21
24	Wednesday	Luke 9.1-6
25	Thursday	Luke 9.7-9
26	Friday	Luke 9.18-22
27	Saturday	Psalms 9.1-2,12-end
28	Sunday	Matthew 21.23-32
29	Monday	John 1.47-end
30	Tuesday	Luke 9.51-56