

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 2014

- 5 *Trinity XVI*
Exodus 20:1-4,7-9,12-20; Psalm 19;
Philippians 3:4b-14; Matthew 21:33-end
- 12 *Trinity XVII*
Exodus 32:1-14; Psalm 106:19-23;
Philippians 4:1-9; Matthew 22:1-14
- 19 *Trinity XVIII*
Exodus 33:12-end; Psalm 99;
1 Thessalonians 1:1-10; Matthew 22:15-22
- 26 *Last Sunday after Trinity*
Deuteronomy 34:1-12; Psalm 90:13-17;
1 Thessalonians 2:1-8; Matthew 22:34-end

Sundays in November 2014

- 2 *All Saints' Day*
Revelation 7:9-end; Psalm 34:1-10;
1 John 4:1-3; Matthew 5:1-12
- 9 *Remembrance Sunday*
Amos 5:18-24; Psalm 70;
1 Thessalonians 4:13-end; Matthew 25:1-13
- 16 *Second Sunday Before Advent*
Zephaniah 1:7,12-end; Psalm 90:1-8,12;
1 Thessalonians 5:1-11; Matthew 25:14-30
- 23 *Christ the King*
Ezekiel 34:11-16,20-24; Psalm 95:1-7;
Ephesians 1:15-end; Matthew 25:31-end
- 30 *Advent I*
Isaiah 64:1-9; Psalm 80:1-8,18-20;
1 Corinthians 1:3-9; Mark 13:24-end

Sundays in December 2014

- 7 *Advent II*
Isaiah 40:1-11; Psalm 85:1-2,8-end;
2 Peter 3:8-15a; Mark 1:1-8
- 14 *Advent III*
Isaiah 61:1-4,8-end; Psalm 126;
1 Thessalonians 5:16-24; John 1:6-8,19-28
- 21 *Advent IV*
2 Samuel 7:1-11,16; Psalm 89:1-4,19-26;
Romans 16:25-end; Luke 1:26-38
- 28 *The Holy Innocents*
Jeremiah 31:15-17; Psalm 124;
1 Corinthians 1:26-29; Matthew 2:13-18

Prayer Journaling Bible Study

October-December 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

October 2014

1	Wednesday	Luke 9:57-end
2	Thursday	Luke 10:1-12
3	Friday	Luke 10:13-16
4	Saturday	Luke 10:17-24
5	Sunday	Matthew 21:33-end
6	Monday	Luke 10:25-37
7	Tuesday	Luke 10:38-end
8	Wednesday	Luke 11:1-4
9	Thursday	Luke 11:5-13
10	Friday	Luke 11:15-26
11	Saturday	Luke 11:27-28
12	Sunday	Matthew 22:1-14
13	Monday	Luke 11:29-32
14	Tuesday	Luke 11:37-41
15	Wednesday	Luke 11:42-46
16	Thursday	Luke 11:47-end
17	Friday	Luke 12:1-7
18	Saturday	Luke 10:1-9
19	Sunday	Matthew 22:15-22
20	Monday	Luke 12:13-21
21	Tuesday	Luke 12:35-38
22	Wednesday	Luke 12:39-48
23	Thursday	Luke 12:49-53
24	Friday	Luke 12:54-end
25	Saturday	Luke 13:1-9
26	Sunday	Matthew 22:34-end
27	Monday	Luke 13:10-17
28	Tuesday	John 15:17-end
29	Wednesday	Luke 13:22-30
30	Thursday	Luke 13:31-end
31	Friday	Luke 14:1-6

November 2014

1	Saturday	Luke 14:1,7-11
2	Sunday	Matthew 5:1-12
3	Monday	Luke 14:12-14
4	Tuesday	Luke 14:15-24
5	Wednesday	Luke 14:25-33
6	Thursday	Luke 15:1-10
7	Friday	Luke 16:1-8
8	Saturday	Luke 16:9-15
9	Sunday	Matthew 25:1-13
10	Monday	Luke 17:1-6
11	Tuesday	Luke 17:7-10
12	Wednesday	Luke 17:11-19
13	Thursday	Luke 17:20-25
14	Friday	Luke 17:26-end
15	Saturday	Luke 18:1-8
16	Sunday	Matthew 25:14-30
17	Monday	Luke 18:35-end
18	Tuesday	Luke 19:1-10
19	Wednesday	Luke 19:11-28
20	Thursday	Luke 19:41-44
21	Friday	Luke 19:45-end
22	Saturday	Luke 20:27-40
23	Sunday	Matthew 25:31-end
24	Monday	Luke 21:1-4
25	Tuesday	Luke 21:5-11
26	Wednesday	Luke 21:12-19
27	Thursday	Luke 21:20-28
28	Friday	Luke 21:29-33
29	Saturday	Luke 21:34-36
30	Sunday	Mark 13:24-end

December 2014

1	Monday	Matthew 4:18-22
2	Tuesday	Luke 10:21-24
3	Wednesday	Matthew 15:29-37
4	Thursday	Matthew 7:21,24-27
5	Friday	Matthew 9:27-31
6	Saturday	Matthew 9:35--10:1, 6-8
7	Sunday	Mark 1:1-8
8	Monday	Luke 5:17-26
9	Tuesday	Matthew 18:12-14
10	Wednesday	Matthew 11:28-end
11	Thursday	Matthew 11:11-15
12	Friday	Matthew 11:16-19
13	Saturday	Matthew 17:10-13
14	Sunday	John 1:6-8,19-28
15	Monday	Matthew 21:23-27
16	Tuesday	Matthew 21:28-32
17	Wednesday	Matthew 1:1-17
18	Thursday	Matthew 1:18-24
19	Friday	Luke 1:5-25
20	Saturday	Luke 1:26-38
21	Sunday	Luke 1:26-38
22	Monday	Luke 1:46-56
23	Tuesday	Luke 1:57-66
24	Wednesday	Luke 1:67-79
25	Thursday	John 1:1-14
26	Friday	Matthew 10:17-22
27	Saturday	John 21:19b-end
28	Sunday	Matthew 2:13-18
29	Monday	Luke 2:22-35
30	Tuesday	Luke 2:36-40
31	Wednesday	John 1:1-18