

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 2015**

- 4 *Epiphany*  
Isaiah 60:1-6; Psalm 72:10-15;  
Ephesians 3:1-12; Matthew 2:1-12
- 11 *Baptism of Christ*  
Genesis 1:1-5; Psalm 29; Acts 19:1-7;  
Mark 1:4-11
- 18 *2<sup>nd</sup> Sunday of Epiphany*  
1 Samuel 3:1-10; Psalm 139:1-5,12-18;  
Revelation 5:1-10; John 1:43-end
- 25 *Conversion of Paul*  
Jeremiah 1:4-10; Psalm 67; Acts 9:1-22;  
Matthew 19:27-end

### **Sundays in February 2015**

- 1 *Presentation of Christ in the Temple (Candlemas)*  
Malachi 3:1-5; Psalm 24:7-end;  
Hebrews 2:14-end; Luke 2:22-40
- 8 *2<sup>nd</sup> Sunday before Lent*  
Proverbs 8:1,22-31; Psalm 104:26-end;  
Colossians 1:15-20; John 1:1-14
- 15 *Sunday next before Lent*  
2 Kings 2:1-12; Psalm 50:1-6;  
2 Corinthians 4:3-6; Mark 9:2-9
- 22 *1<sup>st</sup> Sunday of Lent*  
Genesis 9:8-17; Psalm 25:1-9;  
1 Peter 3:18-end; Mark 1:9-15

### **Sundays in March 2015**

- 1 *2<sup>nd</sup> Sunday of Lent*  
Genesis 17:1-7,15-16; Psalm 22:23-end;  
Romans 4:13-end; Mark 8:31-end
- 8 *3<sup>rd</sup> Sunday of Lent*  
Exodus 20:1-17; Psalm 19;  
1 Corinthians 1:18-25; John 2:13-22
- 15 *4<sup>th</sup> Sunday of Lent (Mothering Sunday)*  
1 Samuel 1:20-end; Psalm 34:11-20;  
2 Corinthians 1:3-7; Luke 2:33-35
- 22 *5<sup>th</sup> Sunday of Lent*  
Jeremiah 31:31-34; Psalm 51:1-13;  
Hebrews 5:5-10; John 12:20-33
- 29 *Palm Sunday*  
Mark 11:1-11; Psalm 118:1-2,19-end

# **Prayer Journaling Bible Study**

**January - March 2015**



**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 2015

1	Thursday	Luke 2:15-21
2	Friday	John 1:19-28
3	Saturday	John 1:29-34
4	Sunday	Matthew 2:1-12
5	Monday	Matthew 4:12-17,23-end
6	Tuesday	Mark 6:34-44
7	Wednesday	Mark 6:45-52
8	Thursday	Luke 4:14-22
9	Friday	Luke 5:12-16
10	Saturday	John 3:22-30
11	Sunday	Mark 1:4-11
12	Monday	Mark 1:14-20
13	Tuesday	Mark 1:21-28
14	Wednesday	Mark 1:29-39
15	Thursday	Mark 1:40-end
16	Friday	Mark 2:1-12
17	Saturday	Mark 2:13-17
18	Sunday	John 1:43-end
19	Monday	Mark 2:18-22
20	Tuesday	Mark 2:23-end
21	Wednesday	Mark 3:1-6
22	Thursday	Mark 3:7-12
23	Friday	Mark 3:13-19
24	Saturday	Mark 3:20-21
25	Sunday	Matthew 19:27-end
26	Monday	Mark 3:22-30
27	Tuesday	Mark 3:31-end
28	Wednesday	Mark 4:1-20
29	Thursday	Mark 4:21-25
30	Friday	Mark 4:26-34
31	Saturday	Mark 4:35-end

### February 2015

1	Sunday	Luke 2:22-40
2	Monday	Mark 5:1-20
3	Tuesday	Mark 5:21-43
4	Wednesday	Mark 6:1-6a
5	Thursday	Mark 6:7-13
6	Friday	Mark 6:14-29
7	Saturday	Mark 6:30-34
8	Sunday	John 1:1-14
9	Monday	Mark 6:53-end
10	Tuesday	Mark 7:1-13
11	Wednesday	Mark 7:14-23
12	Thursday	Mark 7:24-30
13	Friday	Mark 7:31-end
14	Saturday	Mark 8:1-10
15	Sunday	Mark 9:2-9
16	Monday	Mark 8:11-13
17	Tuesday	Mark 8:14-21
18	Wednesday	Matthew 6:1-6,16-21
19	Thursday	Luke 9:22-25
20	Friday	Matthew 9:14-15
21	Saturday	Luke 5:27-32
22	Sunday	Mark 1:9-15
23	Monday	Matthew 25:31-end
24	Tuesday	Matthew 6:7-15
25	Wednesday	Luke 11:29-32
26	Thursday	Matthew 7:7-12
27	Friday	Matthew 5:20-26
28	Saturday	Matthew 5:43-end

### March 2015

1	Sunday	Mark 8:31-end
2	Monday	Luke 6:36-38
3	Tuesday	Matthew 23:1-12
4	Wednesday	Matthew 20:17-28
5	Thursday	Luke 16:19-end
6	Friday	Matthew 21:33-43, 45-46
7	Saturday	Luke 15:1-3,11-end
8	Sunday	John 2:13-22
9	Monday	Luke 4:24-30
10	Tuesday	Matthew 18:21-end
11	Wednesday	Matthew 5:17-19
12	Thursday	Luke 11:14-23
13	Friday	Mark 12:28-34
14	Saturday	Luke 18:9-14
15	Sunday	Luke 2:33-35
16	Monday	John 4:43-end
17	Tuesday	John 5:1-3,5-16
18	Wednesday	John 5:17-30
19	Thursday	Matthew 1:18-end
20	Friday	John 7:1-2,10,25-30
21	Saturday	John 7:40-52
22	Sunday	John 12:20-33
23	Monday	John 8:1-11
24	Tuesday	John 8:21:30
25	Wednesday	Luke 1:26-38
26	Thursday	John 8:51-end
27	Friday	John 10:31-end
28	Saturday	John 11:45-end
29	Sunday	Mark 11:1-11
30	Monday	John 12:1-11
31	Tuesday	John 12:20-36