

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 2016

- 2 *Trinity 19*  
Lamentations 1:1-6; 2 Timothy 1:1-14;  
Luke 17:5-10
- 9 *Trinity 20*  
Jeremiah 29:1,4-7; 2 Timothy 2:8-15;  
Luke 17:11-19
- 16 *Trinity 21*  
Jeremiah 31:27-34; 2 Timothy 3:14-4:5;  
Luke 18:1-8
- 23 *Bible Sunday*  
Isaiah 45:22-end; Romans 15:1-6;  
Luke 4:16-24
- 30 *All Saints' Day*  
Daniel 7:1-3,15-18; Ephesians 1:11-end;  
Luke 6:20-31

### Sundays in November 2016

- 6 *3 before Advent*  
Job 19:23-27a; 2 Thessalonians  
2:1-5,13-17; Luke 20:27-38
- 13 *2 before Advent*  
Malachi 4:1-2a; 2 Thessalonians 3:6-13;  
Luke 21:5-19
- 20 *Christ the King*  
Jeremiah 23:1-6; Colossians 1:11-20;  
Luke 23:33-43
- 27 *Advent*  
Isaiah 2:1-5; Romans 13:11-end;  
Matthew 24:36-44

### Sundays in December 2016

- 4 *Advent 2*  
Isaiah 11:1-10; Romans 15:4-13;  
Matthew 3:1-12
- 11 *Advent 3*  
Isaiah 35:1-10; James 5:7-10;  
Matthew 11:2-11
- 18 *Advent 4*  
Isaiah 7:10-16; Romans 1:1-7;  
Matthew 1:18-end
- 25 *Christmas Day*  
Isaiah 52:7-10; Hebrews 1:1-4;  
John 1:1-14

# Prayer Journaling Bible Study

October – December 2016



**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

Readings taken from the Common Worship Lectionary

# Daily Gospel Readings

## October 2016

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

## November 2016

1	Tuesday	Luke 14:15-24
2	Wednesday	Luke 14:25-33
3	Thursday	Luke 15:1-10
4	Friday	Luke 16:1-8
5	Saturday	Luke 16:9-15
6	Sunday	Luke 20:27-38
7	Monday	Luke 17:1-6
8	Tuesday	Luke 17:7-10
9	Wednesday	Luke 17:11-19
10	Thursday	Luke 17:20-25
11	Friday	Luke 17:26-end
12	Saturday	Luke 18:1-8
13	Sunday	Luke 21:5-19
14	Monday	Luke 18:35-end
15	Tuesday	Luke 19:1-10
16	Wednesday	Luke 19:11-28
17	Thursday	Luke 19:41-44
18	Friday	Luke 19:45-end
19	Saturday	Luke 20:27-40
20	Sunday	Luke 23:33-43
21	Monday	Luke 21:1-4
22	Tuesday	Luke 21:5-11
23	Wednesday	Luke 21:12-19
24	Thursday	Luke 21:20-28
25	Friday	Luke 21:29-33
26	Saturday	Luke 21:34-36
27	Sunday	Matthew 24:36-44
28	Monday	Matthew 8:5-11
29	Tuesday	Luke 10:21-24
30	Wednesday	Matthew 4:18-22

## December 2016

1	Thursday	Matthew 7:21,24-27
2	Friday	Matthew 9:27-31
3	Saturday	Matthew 9:35-10:1,6-8
4	Sunday	Matthew 3:1-12
5	Monday	Luke 5:17-26
6	Tuesday	Matthew 18:12-14
7	Wednesday	Matthew 11:28-end
8	Thursday	Matthew 11:11-15
9	Friday	Matthew 11:16-19
10	Saturday	Matthew 17:10-13
11	Sunday	Matthew 11:2-11
12	Monday	Matthew 21:23-27
13	Tuesday	Matthew 21:28-32
14	Wednesday	Luke 7:18b-23
15	Thursday	Luke 7:24-30
16	Friday	John 5:33-36
17	Saturday	Matthew 1:1-17
18	Sunday	Matthew 1:18-end
19	Monday	Luke 1:5-25
20	Tuesday	Luke 1:26-38
21	Wednesday	Luke 1:39-45
22	Thursday	Luke 1:46-56
23	Friday	Luke 1:57-66
24	Saturday	Luke 1:67-79
25	Sunday	John 1:1-14
26	Monday	Matthew 10:17-22
27	Tuesday	John 21:19b-end
28	Wednesday	Matthew 2:13-18
29	Thursday	Luke 2:22-35
30	Friday	Luke 2:36-40
31	Saturday	John 1:1-18