

Morning Quiet

Book 1: 31 Days of Psalm and Gospel

Sample: days 1 to 7

Catholic edition, Douay-Rheims text

[How to use this book](#)[Contents](#)[Day 1](#)

How to use this book

One day is five to ten pages. Start on any day. The days are numbered, not dated.

Morning: pray the Our Father. Read the Psalm and the Gospel passage. Then go through the four steps of lectio divina and write with your pen.

Evening: one page with three questions, a short examen of the day.

Days 7, 14, 21 and 28 are written for Sunday, the Lord's Day, and each has a page for the week: one line for each day. Start on a Monday if you want them to fall on Sundays; on any other day the pages still work.

Tap a day in the contents to open it. The buttons at the bottom of each page lead to the contents, to the evening page and to the next day. The day number and the line Our Father. Glory Be. are links too. On most devices links respond to a finger, not to the pen.

If you skip a day, continue with the next one. Nothing is lost.

THE FOUR STEPS

Lectio, reading: read the text slowly, twice.

Meditatio, reflecting: stay with one word or line.

Oratio, responding: speak to God about it, in writing.

Contemplatio, resting: be quiet with God, without words.

[Prayers for the morning](#)

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Psalm numbers

Each Psalm has two numbers, for example Psalm 23 (22). The first number is the Hebrew numbering used in most Bibles today. The number in brackets is the numbering of the Douay-Rheims Bible and the Latin Vulgate, which is the text printed in this book.

From Psalm 10 to Psalm 147 the two numbers usually differ by one. Psalms 1 to 8 and 148 to 150 have the same number in both.

Psalm 9-10 (9) is one Psalm in the Vulgate; the Hebrew Psalm 10 begins at verse 22.

If prayer is new to you, read the Psalm and the Gospel slowly and write what you notice. The pages work the same way.

This book is a private aid to reading Scripture and prayer. It does not replace the Mass, the Liturgy of the Hours, the sacraments or spiritual direction. It carries no ecclesiastical approval.

Prayers for the morning

Traditional English wording, in the public domain.

Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Ghost; as it was in the beginning, is now, and ever shall be, world without end. Amen.

Come, O Holy Ghost

Come, O Holy Ghost, fill the hearts of thy faithful, and kindle in them the fire of thy love.

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Day 5	Psalm 5 (5) · Matthew 3	<u>Evening</u>
Day 6	Psalm 6 (6) · Matthew 4:1-11	<u>Evening</u>
Day 7	Psalm 7 (7) · Matthew 4:12-25 SUNDAY	<u>Evening</u>

Week 1

How to use this book

About this book

Day 1

MORNING

Date _____

Our Father. Glory Be.

Psalm 1 (1)

- 1 Blessed is the man who hath not walked in
the counsel of the ungodly, nor stood
in the way of sinners, nor sat in the
chair of pestilence.
- 2 But his will is in the law of the Lord, and
on his law he shall meditate day and
night.
- 3 And he shall be like a tree which is planted
near the running waters, which shall
bring forth its fruit, in due season. And
his leaf shall not fall off: and all
whatsoever he shall do shall prosper.
- 4 Not so the wicked, not so: but like the dust,
which the wind driveth from the face
of the earth.

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Contents

Evening

- 5 Therefore the wicked shall not rise again
in judgment: nor sinners in the council
of the just.
- 6 For the Lord knoweth the way of the just:
and the way of the wicked shall perish.

Matthew 1:1-11

¹ The book of the generation of Jesus
Christ, the son of David, the son of
Abraham:

² Abraham begot Isaac. And Isaac begot
Jacob. And Jacob begot Judas and his
brethren. ³ And Judas begot Phares and
Zara of Thamar. And Phares begot Esron.
And Esron begot Aram. ⁴ And Aram begot
Aminadab. And Aminadab begot Naasson.
And Naasson begot Salmon. ⁵ And Salmon
begot Booz of Rahab. And Booz begot Obed
of Ruth. And Obed begot Jesse. ⁶ And Jesse
begot David the king. And David the king
begot Solomon, of her that had been the
wife of Urias. ⁷ And Solomon begot
Roboam. And Roboam begot Abia. And
Abia begot Asa.

⁸ And Asa begot Josaphat. And Josaphat begot Joram. And Joram begot Ozias. ⁹ And Ozias begot Joatham. And Joatham begot Achaz. And Achaz begot Ezechias. ¹⁰ And Ezechias begot Manasses. And Manasses begot Amon. And Amon begot Josias. ¹¹ And Josias begot Jechonias and his brethren in the transmigration of Babylon.

1 KINGS 13:1-10
2 KINGS 1:1-10
3 KINGS 1:1-10
4 KINGS 1:1-10
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100 KINGS 1:1-10

LECTIO: READ

Read the Psalm and the Gospel slowly. Read them once more.

MEDITATIO: REFLECT

Stay with one word or line. Write it down.

Speak to God about what you read. Write it here.

[illegible]

Sit in silence with God for a minute. Close with the Glory Be.

Contents

Evening

Day 1, Evening

EXAMEN

Look back over the day in the presence of God.

What am I thankful for today?

Where did I meet God today, and where did I turn away?

What do I want to do differently tomorrow?

Our Father.

Day 2

MORNING

Date _____

Our Father. Glory Be.

Psalm 2 (2)

- 1 Why have the Gentiles raged, and the
people devised vain things?
- 2 The kings of the earth stood up, and the
princes met together, against the Lord
and against his Christ.
- 3 Let us break their bonds asunder: and let
us cast away their yoke from us.
- 4 He that dwelleth in heaven shall laugh at
them: and the Lord shall deride them.
- 5 Then shall he speak to them in his anger,
and trouble them in his rage.
- 6 But I am appointed king by him over Sion
his holy mountain, preaching his
commandment.
- 7 The Lord hath said to me: Thou art my
son, this day have I begotten thee.

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- 8 Ask of me, and I will give thee the Gentiles
for thy inheritance, and the utmost
parts of the earth for thy possession.
- 9 Thou shalt rule them with a rod of iron,
and shalt break them in pieces like a
potter's vessel.
- 10 And now, O ye kings, understand: receive
instruction, you that judge the earth.
- 11 Serve ye the Lord with fear: and rejoice
unto him with trembling.
- 12 Embrace discipline, lest at any time the
Lord be angry, and you perish from the
just way.
- 13 When his wrath shall be kindled in a short
time, blessed are all they that trust in
him.

Matthew 1:12-25

¹²And after the transmigration of Babylon,
Jechonias begot Salathiel. And Salathiel
begot Zorobabel. ¹³And Zorobabel begot
Abiud. And Abiud begot Eliacim. And
Eliacim begot Azor.

¹⁴And Azor begot Sadoc. And Sadoc begot Achim. And Achim begot Eliud. ¹⁵And Eliud begot Eleazar. And Eleazar begot Mathan. And Mathan begot Jacob. ¹⁶And Jacob begot Joseph the husband of Mary, of whom was born Jesus, who is called Christ.

¹⁷So all the generations, from Abraham to David, are fourteen generations. And from David to the transmigration of Babylon, are fourteen generations: and from the transmigration of Babylon to Christ are fourteen generations.

¹⁸Now the generation of Christ was in this wise. When as his mother Mary was espoused to Joseph, before they came together, she was found with child, of the Holy Ghost. ¹⁹Whereupon Joseph her husband, being a just man, and not willing publicly to expose her, was minded to put her away privately.

²⁰ But while he thought on these things, behold the angel of the Lord appeared to him in his sleep, saying: Joseph, son of David, fear not to take unto thee Mary thy wife, for that which is conceived in her, is of the Holy Ghost. ²¹ And she shall bring forth a son: and thou shalt call his name JESUS. For he shall save his people from their sins.

²² Now all this was done that it might be fulfilled which the Lord spoke by the prophet, saying: ²³ Behold a virgin shall be with child, and bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us.

²⁴ And Joseph rising up from sleep, did as the angel of the Lord had commanded him, and took unto him his wife. ²⁵ And he knew her not till she brought forth her firstborn son: and he called his name JESUS.

LECTIO: READ

Read the Psalm and the Gospel slowly. Read them once more.

MEDITATIO: REFLECT

Stay with one word or line. Write it down.

ORATIO: RESPOND

Speak to God about what you read. Write it here.

[illegible]

CONTEMPLATIO: REST

Sit in silence with God for a minute. Close with the Glory Be.

Day 2, Evening

EXAMEN

Look back over the day in the presence of God.

What am I thankful for today?

Where did I meet God today, and where did I turn away?

What do I want to do differently tomorrow?

Our Father.

Day 3

MORNING

Date _____

Our Father. Glory Be.

Psalm 3 (3)

- 1 The psalm of David when he fled from the face of his son Absalom.
- 2 Why, O Lord, are they multiplied that afflict me? many are they who rise up against me.
- 3 Many say to my soul: There is no salvation for him in his God.
- 4 But thou, O Lord art my protector, my glory, and the lifter up of my head.
- 5 I have cried to the Lord with my voice: and he hath heard me from his holy hill.
- 6 I have slept and taken my rest: and I have risen up, because the Lord hath protected me.
- 7 I will not fear thousands of the people, surrounding me: arise, O Lord; save me, O my God.

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- 8 For thou hast struck all them who are my
adversaries without cause: thou hast
broken the teeth of sinners.
- 9 Salvation is of the Lord: and thy blessing is
upon thy people.

Matthew 2:1-12

¹ When Jesus therefore was born in
Bethlehem of Juda, in the days of king
Herod, behold, there came wise men from
the east to Jerusalem. ² Saying, Where is
he that is born king of the Jews? For we
have seen his star in the east, and are
come to adore him. ³ And king Herod
hearing this, was troubled, and all
Jerusalem with him. ⁴ And assembling
together all the chief priests and the
scribes of the people, he inquired of them
where Christ should be born. ⁵ But they
said to him: In Bethlehem of Juda. For so it
is written by the prophet:

⁶And thou Bethlehem the land of Juda art not the least among the princes of Juda: for out of thee shall come forth the captain that shall rule my people Israel.

⁷Then Herod, privately calling the wise men, learned diligently of them the time of the star which appeared to them; ⁸And sending them into Bethlehem, said: Go and diligently inquire after the child, and when you have found him, bring me word again, that I also may come to adore him.

⁹Who having heard the king, went their way; and behold the star which they had seen in the east, went before them, until it came and stood over where the child was.

¹⁰And seeing the star they rejoiced with exceeding great joy. ¹¹And entering into the house, they found the child with Mary his mother, and falling down they adored him; and opening their treasures, they offered him gifts; gold, frankincense, and myrrh.

12 And having received an answer in sleep
that they should not return to Herod, they
went back another way into their country.

12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

LECTIO: READ

Read the Psalm and the Gospel slowly. Read them once more.

MEDITATIO: REFLECT

Stay with one word or line. Write it down.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Evening

Day 3, Evening

EXAMEN

Look back over the day in the presence of God.

What am I thankful for today?

Where did I meet God today, and where did I turn away?

What do I want to do differently tomorrow?

Our Father.

Day 4

MORNING

Date _____

Our Father. Glory Be.

Psalm 4 (4)

- 1 Unto the end, in verses. A psalm for David.
- 2 When I called upon him, the God of my
justice heard me: when I was in
distress, thou hast enlarged me. Have
mercy on me: and hear my prayer.
- 3 O ye sons of men, how long will you be
dull of heart? why do you love vanity,
and seek after lying?
- 4 Know ye also that the Lord hath made his
holy one wonderful: the Lord will hear
me when I shall cry unto him.
- 5 Be angry, and sin not: the things you say in
your hearts, be sorry for them upon
your beds.
- 6 Offer up the sacrifice of justice, and trust
in the Lord: many say, Who sheweth us
good things?

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- 7 The light of thy countenance O Lord, is
signed upon us: thou hast given
gladness in my heart.
- 8 By the fruit of their corn, their wine and
oil, they are multiplied.
- 9 In peace in the selfsame I will sleep, and I
will rest:
- 10 For thou, O Lord, singularly hast settled
me in hope.

Matthew 2:13-23

¹³ And after they were departed, behold an angel of the Lord appeared in sleep to Joseph, saying: Arise, and take the child and his mother, and fly into Egypt: and be there until I shall tell thee. For it will come to pass that Herod will seek the child to destroy him.

¹⁴ Who arose, and took the child and his mother by night, and retired into Egypt: and he was there until the death of Herod:

¹⁵ That it might be fulfilled which the Lord spoke by the prophet, saying: Out of Egypt have I called my son.

¹⁶Then Herod perceiving that he was deluded by the wise men, was exceeding angry; and sending killed all the men children that were in Bethlehem, and in all the borders thereof, from two years old and under, according to the time which he had diligently inquired of the wise men.

¹⁷Then was fulfilled that which was spoken by Jeremias the prophet, saying:

¹⁸A voice in Rama was heard, lamentation and great mourning; Rachel bewailing her children, and would not be comforted, because they are not.

¹⁹But when Herod was dead, behold an angel of the Lord appeared in sleep to Joseph in Egypt, ²⁰Saying: Arise, and take the child and his mother, and go into the land of Israel. For they are dead that sought the life of the child.

²¹Who arose, and took the child and his mother, and came into the land of Israel.

22 But hearing that Archelaus reigned in Judea in the room of Herod his father, he was afraid to go thither: and being warned in sleep retired into the quarters of Galilee.

23 And coming he dwelt in a city called Nazareth: that it might be fulfilled which was said by prophets: That he shall be called a Nazarene.

THE HOLY BIBLE: KING JAMES VERSION

LECTIO: READ

Read the Psalm and the Gospel slowly. Read them once more.

MEDITATIO: REFLECT

Stay with one word or line. Write it down.

ORATIO: RESPOND

Speak to God about what you read. Write it here.

[illegible]

CONTEMPLATIO: REST

Sit in silence with God for a minute. Close with the Glory Be.

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Evening

Day 4, Evening

EXAMEN

Look back over the day in the presence of God.

What am I thankful for today?

Where did I meet God today, and where did I turn away?

What do I want to do differently tomorrow?

Our Father.

Day 5

MORNING

Date _____

Our Father. Glory Be.

Psalm 5 (5)

- 1 Unto the end, for her that obtaineth the inheritance. A psalm of David.
- 2 Give ear, O Lord, to my words, understand my cry.
- 3 Hearken to the voice of my prayer, O my King and my God.
- 4 For to thee will I pray: O Lord, in the morning thou shalt hear my voice.
- 5 In the morning I will stand before thee, and will see: because thou art not a God that willest iniquity.
- 6 Neither shall the wicked dwell near thee: nor shall the unjust abide before thy eyes.

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- 7 Thou hatest all the workers of iniquity:
Thou wilt destroy all that speak a lie.
The bloody and the deceitful man the
Lord will abhor.
- 8 But as for me in the multitude of thy
mercy, I will come into thy house; I
will worship towards thy holy temple,
in thy fear.
- 9 Conduct me, O Lord, in thy justice:
because of my enemies, direct my way
in thy sight.
- 10 For there is no truth in their mouth; their
heart is vain.
- 11 Their throat is an open sepulchre: they
dealt deceitfully with their tongues:
judge them, O God. Let them fall from
their devices: according to the
multitude of their wickedness cast
them out: for they have provoked thee,
O Lord.
- 12 But let all them be glad that hope in thee:
they shall rejoice for ever, and thou
shalt dwell in them. And all they that
love thy name shall glory in thee:

13 For thou wilt bless the just. O Lord, thou
hast crowned us, as with a shield of thy
good will.

Matthew 3

¹ And in those days cometh John the
Baptist preaching in the desert of Judea.

² And saying: Do penance: for the
kingdom of heaven is at hand. ³ For this is
he that was spoken of by Isaias the
prophet, saying: A voice of one crying in
the desert, Prepare ye the way of the Lord,
make straight his paths.

⁴ And the same John had his garment of
camels' hair, and a leathern girdle about
his loins: and his meat was locusts and
wild honey. ⁵ Then went out to him
Jerusalem and all Judea, and all the
country about Jordan: ⁶ And were baptized
by him in the Jordan, confessing their sins.

⁷ And seeing many of the Pharisees and Sadducees coming to his baptism, he said to them: Ye brood of vipers, who hath shewed you to flee from the wrath to come? ⁸ Bring forth therefore fruit worthy of penance. ⁹ And think not to say within yourselves, We have Abraham for our father. For I tell you that God is able of these stones to raise up children to Abraham. ¹⁰ For now the axe is laid to the root of the trees. Every tree therefore that doth not yield good fruit, shall be cut down, and cast into the fire.

¹¹ I indeed baptize you in the water unto penance, but he that shall come after me, is mightier than I, whose shoes I am not worthy to bear; he shall baptize you in the Holy Ghost and fire. ¹² Whose fan is in his hand, and he will thoroughly cleanse his floor and gather his wheat into the barn; but the chaff he will burn with unquenchable fire.

¹³ Then cometh Jesus from Galilee to the Jordan, unto John, to be baptized by him.

¹⁴ But John stayed him, saying: I ought to be baptized by thee, and comest thou to me?

¹⁵ And Jesus answering, said to him: Suffer it to be so now. For so it becometh us to fulfill all justice. Then he suffered him.

¹⁶ And Jesus being baptized, forthwith came out of the water: and lo, the heavens were opened to him: and he saw the Spirit of God descending as a dove, and coming upon him. ¹⁷ And behold a voice from heaven, saying: This is my beloved Son, in whom I am well pleased.

LECTIO: READ

Read the Psalm and the Gospel slowly. Read them once more.

MEDITATIO: REFLECT

Stay with one word or line. Write it down.

ORATIO: RESPOND

Speak to God about what you read. Write it here.

[illegible]

CONTEMPLATIO: REST

Sit in silence with God for a minute. Close with the Glory Be.

Day 5, Evening

EXAMEN

Look back over the day in the presence of God.

What am I thankful for today?

Where did I meet God today, and where did I turn away?

What do I want to do differently tomorrow?

Our Father.

Day 6

MORNING

Date _____

Our Father. Glory Be.

Psalm 6 (6)

- 1 Unto the end, in verses, a psalm for David,
for the octave.
- 2 O Lord, rebuke me not in thy indignation,
nor chastise me in thy wrath.
- 3 Have mercy on me, O Lord, for I am weak:
heal me, O Lord, for my bones are
troubled.
- 4 And my soul is troubled exceedingly: but
thou, O Lord, how long?
- 5 Turn to me, O Lord, and deliver my soul: O
save me for thy mercy's sake.
- 6 For there is no one in death, that is
mindful of thee: and who shall confess
to thee in hell?
- 7 I have laboured in my groanings, every
night I will wash my bed: I will water
my couch with my tears.

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- 8 My eye is troubled through indignation: I
have grown old amongst all my
enemies.
- 9 Depart from me, all ye workers of iniquity:
for the Lord hath heard the voice of my
weeping.
- 10 The Lord hath heard my supplication: the
Lord hath received my prayer.
- 11 Let all my enemies be ashamed, and be
very much troubled: let them be
turned back, and be ashamed very
speedily.

Matthew 4:1-11

¹ Then Jesus was led by the spirit into the
desert, to be tempted by the devil. ² And
when he had fasted forty days and forty
nights, afterwards he was hungry. ³ And
the tempter coming said to him: If thou be
the Son of God, command that these
stones be made bread.

⁴Who answered and said: It is written, Not in bread alone doth man live, but in every word that proceedeth from the mouth of God.

⁵Then the devil took him up into the holy city, and set him upon the pinnacle of the temple, ⁶And said to him: If thou be the Son of God, cast thyself down, for it is written: That he hath given his angels charge over thee, and in their hands shall they bear thee up, lest perhaps thou dash thy foot against a stone.

⁷Jesus said to him: It is written again: Thou shalt not tempt the Lord thy God.

⁸Again the devil took him up into a very high mountain, and shewed him all the kingdoms of the world, and the glory of them, ⁹And said to him: All these will I give thee, if falling down thou wilt adore me.

¹⁰ Then Jesus saith to him: Begone, Satan:
for it is written, The Lord thy God shalt
thou adore, and him only shalt thou serve.

¹¹ Then the devil left him; and behold
angels came and ministered to him.

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LECTIO: READ

Read the Psalm and the Gospel slowly. Read them once more.

MEDITATIO: REFLECT

Stay with one word or line. Write it down.

[Contents](#)

[Evening](#)

ORATIO: RESPOND

Speak to God about what you read. Write it here.

[illegible]

CONTEMPLATIO: REST

Sit in silence with God for a minute. Close with the Glory Be.

Contents

Evening

Day 6, Evening

EXAMEN

Look back over the day in the presence of God.

What am I thankful for today?

Where did I meet God today, and where did I turn away?

What do I want to do differently tomorrow?

Our Father.

Day 7

Sunday, the Lord's Day

MORNING

Date _____

Our Father. Glory Be.

Psalm 7 (7)

- 1 The psalm of David which he sung to the
Lord for the words of Chusi the son of
Jemini. [2 Kings 16]
- 2 O Lord my God, in thee have I put my
trust: save me from all them that
persecute me, and deliver me.
- 3 Lest at any time he seize upon my soul like
a lion, while there is no one to redeem
me, nor to save.
- 4 O Lord my God, if I have done this thing, if
there be iniquity in my hands:
- 5 If I have rendered to them that repaid me
evils, let me deservedly fall empty
before my enemies.

Contents

Evening

- 6 Let the enemy pursue my soul, and take it,
and tread down my life on the earth,
and bring down my glory to the dust.
- 7 Rise up, O Lord, in thy anger: and be thou
exalted in the borders of my enemies.
And arise, O Lord my God, in the
precept which thou hast commanded:
- 8 And a congregation of people shall
surround thee. And for their sakes
return thou on high.
- 9 The Lord judgeth the people. Judge me, O
Lord, according to my justice, and
according to my innocence in me.
- 10 The wickedness of sinners shall be
brought to nought: and thou shalt
direct the just: the searcher of hearts
and reins is God.
- 11 Just is my help from the Lord: who saveth
the upright of heart.
- 12 God is a just judge, strong and patient: is
he angry every day?
- 13 Except you will be converted, he will
brandish his sword: he hath bent his
bow and made it ready.

- 14 And in it he hath prepared the instruments
of death, he hath made ready his
arrows for them that burn.
- 15 Behold he hath been in labour with
injustice; he hath conceived sorrow,
and brought forth iniquity.
- 16 He hath opened a pit and dug it; and he is
fallen into the hole he made.
- 17 His sorrow shall be turned on his own
head: and his iniquity shall come down
upon his crown.
- 18 I will give glory to the Lord according to
his justice: and will sing to the name of
the Lord the most high.

Matthew 4:12-25

¹²And when Jesus had heard that John was
delivered up, he retired into Galilee:

¹³And leaving the city Nazareth, he came
and dwelt in Capernaum on the sea coast,
in the borders of Zabulon and Nephthalim;

¹⁴That it might be fulfilled which was said
by Isaias the prophet:

¹⁵ Land of Zabulon and land of
Nephthalim, the way of the sea beyond the
Jordan, Galilee of the Gentiles: ¹⁶ The
people that sat in darkness, hath seen
great light: and to them that sat in the
region of the shadow of death, light is
sprung up.

¹⁷ From that time Jesus began to preach,
and to say: Do penance, for the kingdom of
heaven is at hand.

¹⁸ And Jesus walking by the sea of Galilee,
saw two brethren, Simon who is called
Peter, and Andrew his brother, casting a
net into the sea (for they were fishers).

¹⁹ And he saith to them: Come ye after me,
and I will make you to be fishers of men.

²⁰ And they immediately leaving their nets,
followed him. ²¹ And going on from
thence, he saw other two brethren, James
the son of Zebedee, and John his brother,
in a ship with Zebedee their father,
mending their nets: and he called them.

²²And they forthwith left their nets and father, and followed him.

²³And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom: and healing all manner of sickness and every infirmity, among the people. ²⁴And his fame went throughout all Syria, and they presented to him all sick people that were taken with divers diseases and torments, and such as were possessed by devils, and lunatics, and those that had palsy, and he cured them: ²⁵And much people followed him from Galilee, and from Decapolis, and from Jerusalem, and from Judea, and from beyond the Jordan.

LECTIO: READ

Read the Psalm and the Gospel slowly. Read them once more.

MEDITATIO: REFLECT

Stay with one word or line. Write it down.

ORATIO: RESPOND

Speak to God about what you read. Write it here.

[illegible]

CONTEMPLATIO: REST

Sit in silence with God for a minute. Close with the Glory Be.

Day 7, Evening

EXAMEN

Look back over the day in the presence of God.

What am I thankful for today?

Where did I meet God today, and where did I turn away?

What do I want to do differently tomorrow?

Our Father.

Week 1

Week 1

Sunday, the Lord’s Day.
One line from each day.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

THIS WEEK

About this book

Scripture quotations are taken from the Douay-Rheims Bible, Challoner revision (1749-1752), American edition of 1899, which is in the public domain. The text follows the digital edition published by eBible.org (Douay-Rheims 1899, ID engDRA, source files dated 3 November 2022); only the markup is removed and the annotations of the printed edition are not included. Psalm and verse numbers follow the Vulgate; each heading gives the Hebrew number first and the Vulgate number in brackets. Source: <https://ebible.org/engDRA/>.

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Read, reflect, respond, rest.

ARLing s. r. o., arling.sk

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This file is the free sample: days 1 to 7 of Book 1. The full book has 31 days. arling.sk

Corrections to the text

Obvious transcription errors of the digital edition are corrected where two independent transcriptions of the same edition, Douay-Rheims Bible Online (drbo.org) and Project Gutenberg ebook 1581, agree on another reading. Corrections in this book (2): Psalm 7 (7):17, “shall comedown upon” to “shall come down upon”; Matthew 1:10, “Manesses” to “Manasses”.