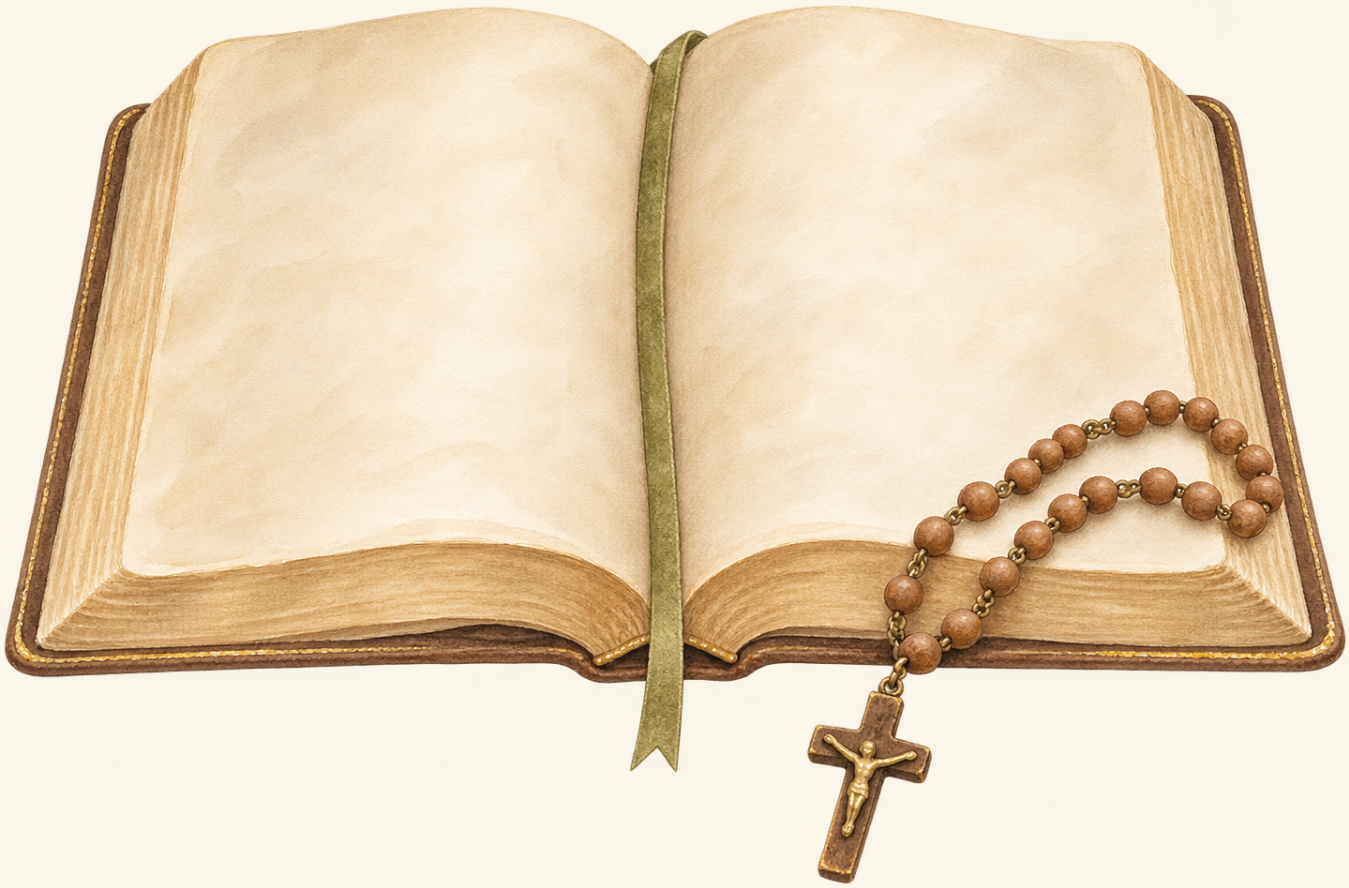
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Sunday readings reflection journal



Faithful Living with Ita

12 weeks of reading, reflecting, and prayer

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How to use this journal

1. Print the pages, or use the PDF on a tablet.
2. On Sunday, read or listen to the readings at Mass.
3. Write down the reading, the Psalm, and the Gospel.
4. Choose one verse that stood out to you.
5. Ask: what is God saying to me? Write what comes.
6. Pick one small thing to do this week, and pray.

There are no wrong answers here.
Go slowly, and let the quiet do its work.

Week 1

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today's readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I'll do this week

My prayer

I'm thankful for

Prayer intentions

Week 2

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today's readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I'll do this week

My prayer

I'm thankful for

Prayer intentions

Week 3

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today's readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I'll do this week

My prayer

I'm thankful for

Prayer intentions

Week 4

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today’s readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I’ll do this week

My prayer

I’m thankful for

Prayer intentions

Week 5

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today’s readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I’ll do this week

My prayer

I’m thankful for

Prayer intentions

Week 6

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today's readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I'll do this week

My prayer

I'm thankful for

Prayer intentions

Week 7

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today’s readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I’ll do this week

My prayer

I’m thankful for

Prayer intentions

Week 8

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today's readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I'll do this week

My prayer

I'm thankful for

Prayer intentions

Week 9

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today's readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I'll do this week

My prayer

I'm thankful for

Prayer intentions

Week 10

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today's readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I'll do this week

My prayer

I'm thankful for

Prayer intentions

Week 11

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today's readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I'll do this week

My prayer

I'm thankful for

Prayer intentions

Week 12

†

Sunday readings reflection

Faithful Living with Ita

Date _____ Sunday of _____

Today's readings

First reading: _____

Psalm: _____

Gospel: _____

The verse that stood out to me

What is God saying to me?

One thing I'll do this week

My prayer

I'm thankful for

Prayer intentions

†

Prayer list

People and intentions I’m lifting up

Name or intention	Date started

†

Answered prayers

Look back and remember what God has done

My prayer	How God answered	Date

†

Prayer list

People and intentions I’m lifting up

Name or intention	Date started

†

Answered prayers

Look back and remember what God has done

My prayer	How God answered	Date