Centering Prayer – Reading the Gospels - 2025

"Centering Prayer is a method of consenting to God’s presence and action within. It is a prayer of silence, an opening of heart and mind to God."
— **Fr. Thomas Keating**

### ****Key Elements:****

1. **Consent** – The central movement is consenting to God’s presence and action.
2. **Silence** – It is not about words or thoughts but resting in God’s presence.
3. **Sacred Word** – A simple word (e.g., "peace," "Jesus," or "love") is used to gently return to the awareness of God when thoughts arise.
4. **Practice** – Usually done for 20 minutes, twice daily, in stillness and interior quiet.

August 01, 2025: Matthew 1:1-17

August 02, 2025: Matthew 1:18-25

August 03, 2025: Matthew 2:1-12

August 04, 2025: Matthew 2:13-23

August 05, 2025: Matthew 3:1-12

August 06, 2025: Matthew 3:13-17

August 07, 2025: Matthew 4:1-11

August 08, 2025: Matthew 4:12-25

August 09, 2025: Matthew 5:1-12

August 10, 2025: Matthew 5:13-20

August 11, 2025: Matthew 5:21-48

August 12, 2025: Matthew 6:1-18

August 13, 2025: Matthew 6:19-34

August 14, 2025: Matthew 7:1-14

August 15, 2025: Matthew 7:15-29

August 16, 2025: Matthew 8:1-17

August 17, 2025: Matthew 8:18-34

August 18, 2025: Matthew 9:1-17

August 19, 2025: Matthew 9:18-38

August 20, 2025: Matthew 10:1-23

August 21, 2025: Matthew 10:24-42

August 22, 2025: Matthew 11:1-19

August 23, 2025: Matthew 11:20-30

August 24, 2025: Matthew 12:1-21

August 25, 2025: Matthew 12:22-50

August 26, 2025: Matthew 13:1-23

August 27, 2025: Matthew 13:24-58

August 28, 2025: Matthew 14:1-21

August 29, 2025: Matthew 14:22-36

August 30, 2025: Matthew 15:1-20

August 31, 2025: Matthew 15:21-39

September 01, 2025: Matthew 16:1-20

September 02, 2025: Matthew 16:21-28

September 03, 2025: Matthew 17:1-13

September 04, 2025: Matthew 17:14-27

September 05, 2025: Matthew 18:1-20

September 06, 2025: Matthew 18:21-35

September 07, 2025: Matthew 19:1-15

September 08, 2025: Matthew 19:16-30

September 09, 2025: Matthew 20:1-16

September 10, 2025: Matthew 20:17-34

September 11, 2025: Matthew 21:1-22

September 12, 2025: Matthew 21:23-46

September 13, 2025: Matthew 22:1-22

September 14, 2025: Matthew 22:23-46

September 15, 2025: Matthew 23:1-39

September 16, 2025: Matthew 24:1-31

September 17, 2025: Matthew 24:32-51

September 18, 2025: Matthew 25:1-30

September 19, 2025: Matthew 25:31-46

September 20, 2025: Matthew 26:1-30

September 21, 2025: Matthew 26:31-56

September 22, 2025: Matthew 26:57-75

September 23, 2025: Matthew 27:1-31

September 24, 2025: Matthew 27:32-56

September 25, 2025: Matthew 27:57-66

September 26, 2025: Matthew 28:1-20

September 27, 2025: Mark 1:1-13

September 28, 2025: Mark 1:14-45

September 29, 2025: Mark 2:1-17

September 30, 2025: Mark 2:18-28

October 01, 2025: Mark 3:1-19

October 02, 2025: Mark 3:20-35

October 03, 2025: Mark 4:1-20

October 04, 2025: Mark 4:21-41

October 05, 2025: Mark 5:1-20

October 06, 2025: Mark 5:21-43

October 07, 2025: Mark 6:1-29

October 08, 2025: Mark 6:30-56

October 09, 2025: Mark 7:1-23

October 10, 2025: Mark 7:24-37

October 11, 2025: Mark 8:1-26

October 12, 2025: Mark 8:27-38

October 13, 2025: Mark 9:1-29

October 14, 2025: Mark 9:30-50

October 15, 2025: Mark 10:1-31

October 16, 2025: Mark 10:32-52

October 17, 2025: Mark 11:1-26

October 18, 2025: Mark 11:27-33

October 19, 2025: Mark 12:1-27

October 20, 2025: Mark 12:28-44

October 21, 2025: Mark 13:1-37

October 22, 2025: Mark 14:1-26

October 23, 2025: Mark 14:27-52

October 24, 2025: Mark 14:53-72

October 25, 2025: Mark 15:1-20

October 26, 2025: Mark 15:21-47

October 27, 2025: Mark 16:1-20

October 28, 2025: Luke 1:1-25

October 29, 2025: Luke 1:26-56

October 30, 2025: Luke 1:57-80

October 31, 2025: Luke 2:1-20

November 01, 2025: Luke 2:21-52

November 02, 2025: Luke 3:1-22

November 03, 2025: Luke 3:23-38

November 04, 2025: Luke 4:1-30

November 05, 2025: Luke 4:31-44

November 06, 2025: Luke 5:1-26

November 07, 2025: Luke 5:27-39

November 08, 2025: Luke 6:1-26

November 09, 2025: Luke 6:27-49

November 10, 2025: Luke 7:1-35

November 11, 2025: Luke 7:36-50

November 12, 2025: Luke 8:1-21

November 13, 2025: Luke 8:22-56

November 14, 2025: Luke 9:1-27

November 15, 2025: Luke 9:28-62

November 16, 2025: Luke 10:1-24

November 17, 2025: Luke 10:25-42

November 18, 2025: Luke 11:1-28

November 19, 2025: Luke 11:29-54

November 20, 2025: Luke 12:1-34

November 21, 2025: Luke 12:35-59

November 22, 2025: Luke 13:1-21

November 23, 2025: Luke 13:22-35

November 24, 2025: Luke 14:1-24

November 25, 2025: Luke 14:25-35

November 26, 2025: Luke 15:1-32

November 27, 2025: Luke 16:1-18

November 28, 2025: Luke 16:19-31

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November 30, 2025: Luke 17:20-37

December 01, 2025: Luke 18:1-30

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December 03, 2025: Luke 19:1-27

December 04, 2025: Luke 19:28-48

December 05, 2025: Luke 20:1-26

December 06, 2025: Luke 20:27-47

December 07, 2025: Luke 21:1-38

December 08, 2025: Luke 22:1-38

December 09, 2025: Luke 22:39-71

December 10, 2025: Luke 23:1-25

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December 12, 2025: Luke 24:1-35

December 13, 2025: Luke 24:36-53

December 14, 2025: John 1:1-18

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December 31, 2025: John 10:22-42