

January 2026

Daily Scripture Reading The Gospel of John

Centering Prayer is an intentional method of Christian silent prayer in which we lay down our own will and simply receive God's love into our spirit. We are practicing the habit of consenting to union with God in order to produce fruit for Him. Romans 7:4 We deliberately turn away from the continuous flow of daily thoughts and distractions by silently speaking the "Sacred Word" e.g. "Father" "Love" "Yes" "Jesus" "Adonai" "Lord" etc. We don't resist the thoughts, but choose to introduce the sacred word as a reminder of our true intention to accept the silence of God in our daily experience. We are choosing the reality which is His faithfulness will become our abiding faith!!!

- 1. Read the daily scripture slowly and out loud 3 times. His word will sink deeper and prepare you to receive with each reading of His beautiful love letter to you!**
- 2. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.**
- 3. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.**
- 4. When engaged with your thoughts, return ever-so-gently to the sacred word.**
- 5. At the end of the prayer period, 10 – 20 minutes...remain in silence with eyes closed for a couple of minutes.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 John 1:1-5	2 John 1:6-13	3 John 1:14-18
4 John 1:19-23	5 John 1:24-28	6 John 1:29-34	7 John 1:35-39	8 John 1:40-45	9 John 1:46-51	10 John 2:1-12
11 John 2:13-17	12 John 2:18-25	13 John 3:1-8	14 John 3:9-15	15 John 3:16-21	16 John 3:22-26	17 John 3:27-30
18 John 3:31-36	19 John 4:1-10	20 John 4:11-14	21 John 4:15-24	22 John 4:25-30	23 John 4:31-38	24 John 4:39-45
25 John 4:46-54	26 John 5:1-9	27 John 5:10-18	28 John 5:19-23	29 John 5:24-30	30 John 5:31-38	31 John 5:39-47