

A MENU OF RESOURCES FOR PRIVATE PRAYER

Online resources:



The rejesus daily prayer has been written for anyone to use who has no experience whatsoever with prayer, regular or otherwise. From it you can get ideas about different aspects of prayer and it could give you a taste of where a prayer life could lead.

http://www.rejesus.co.uk/site/module/daily_prayer/



Prayermate Christian prayer app (particularly popular with young people)

<http://www.geero.net/prayermate/>

What people say:

Easy to install on most phones and tablets. Install 'PrayerMate' App and on menu scroll to 'subscribe to online feeds' and 'Devotional' then St Philemon's Bible Notes (there are other options there to look at too).

These are a useful tool in helping to look into short sections of the Bible each day. There are helpful short questions to get you thinking about the passage for yourself and then guidance as to how to apply it to your own life before giving pointers for prayer.

Short enough to use for family devotions with school age children and good when you have the grandchildren to enable them to share with you in answering some of the questions.

Can be downloaded and printed off for others in church or your home group.

 THE CHURCH OF ENGLAND **Church of England daily prayer** (including apps to download)
<https://www.churchofengland.org/prayer-worship/join-us-in-daily-prayer.aspx>

 CHURCH HOUSE PUBLISHING **Church House Publishing** – Reflections for Daily Prayer
provides a reflection on one of the Bible readings for the day, full lectionary details for Morning Prayer and a Collect for the day.
<https://www.chpublishing.co.uk/features/reflections>

What people say:

Reflections for Daily Prayer is a kind of 'Daily Bread' for Anglicans - a great companion for those who like to follow the weekday lectionary readings for morning prayer. It provides a page for each day with the lectionary, a collect and a reflection on one of the set passages. The contributors come from a wide range of traditions but each aims to help the reader

understand the passage and to apply it to their own journey of discipleship. It is available as an annual book (starting on Advent Sunday) or as an app from Church House Publishing. There is a companion volume covering all the Psalms.

Archdeacon Mark Ireland

The Methodist Church – a daily prayer (also daily Bible study, liturgical resources and more) <http://www.methodist.org.uk/prayer-and-worship>



Jesuit and Loyola Press daily prayer

<http://www.sacredspace.ie/daily-prayer>



Northumbria Community Daily Office

<http://www.northumbriacommunity.org/offices/how-to-use-daily-office/>

Personality and Spirituality:

Some ideas about ways to pray which suit different personality types

http://spiritualpractice.ca/what_practice/type/

Books about prayer

There are numerous books on how to pray! Here is a personal recommendation from someone in Blackburn Diocese:

Beyond Words

A book I have found very helpful in the mornings has been **Beyond Words** - *An introduction, guide & resource for a contemplative way of prayer*, by Patrick Woodhouse (former Canon Precentor of Wells Cathedral)

There are 3 excellent introductory chapters on this approach to prayer and how it might work a daily basis followed by an outline for the 52 weeks of the year taking the Sunday Gospel - it happens to have been produced in the year of Luke, but obviously the other Sunday gospels can be used.

The basic pattern for each week is :

Stilling & Centring - Here a verse from a psalm is given as a focus

Offering A time to offer the day & concerns to God

Reflecting A Gospel passage to reflect on through the week using the imagination,

This is followed by a reflection from Patrick, and a reflection from another Christian ranging from the early Church Fathers to the present day.

The Revd Tricia Impey



online

Other good books about prayer can be found on the Bible Reading Fellowship website, <http://www.brfoonline.org.uk/prayer-and-spirituality/>