

RESOURCES

BOOKS

The Divine Hours, by Phyllis Tickle

(There are three books in this series: Prayers for Springtime, Summertime, Autumn and Wintertime)

A Rhythm of Prayer: A Collection of Meditations for Renewal, edited by Sarah Bessey

Sacred Belonging: A 40-Day Devotional on the Liberating Heart of Scripture, by Kat Armas

Liturgy of the Ordinary: Sacred Practices in Everyday Life, by Tish Harrison Warren

Meditations with Hildegard of Bingen, by Gabriele Uhlein

New Seeds of Contemplation, by Thomas Merton

Braving the Thin Places: Celtic Wisdom to Create a Space for Grace, by Julianne Stanz

Wisdom Distilled From the Daily: Living the Rule of St Benedict Today, by Joan Chittister

Face to Face, Volume One: Praying the Scripture for Intimate Worship, by Kenneth Boa

The Reservoir: a Fifteen-Month Weekday Spiritual Formation Devotional

Yes, And... Daily Meditations, by Richard Rohr

Breathing Underwater: Spirituality and the Twelve Steps, by Richard Rohr

Falling Upward: A Spirituality for the Two Halves of Life, by Richard Rohr

Centering Prayer and Inner Awakening by Cynthia Bourgeault

Open Mind, Open Heart by Thomas Keating

Sacred Self-Care: Daily Practices for Nurturing Our Whole Selves, by Chanequa Walker-Barnes

Kneeling with Giants: Learning to Pray with History's Best Teachers, by Gary Neal Hansen

Good Enough: 40ish Devotionals for a Life of Imperfection, by Kate Bowler

PODCASTS

Encountering Silence, hosted by Cassidy Hall, Kevin Johnson, Carl McColman

Everything Happens, hosted by Kate Bowler

I Can Do That!, hosted by Gem Fadling

Learning How to See, hosted by Brian McLaren

Life With God: A Renovare' Podcast, hosted by Nathan Foster

Turning to the Mystics, hosted by James Finley

Unhurried Living: Helping Christians Rest Deeper and Lead Better, hosted by Alan and Gem Fadling

APPS

Centering Prayer - Thomas Keating

Dwell: Audio Bible

Bible - Life Church

Lectio 365

WEBSITES

<https://lectionary.library.vanderbilt.edu/>

<https://www.unhurriedliving.com/>

<https://transformingcenter.org/>

<https://www.spiritualityandpractice.com/about/what-are-spiritual-practices>

<https://www.soulshepherding.org/bible-verses-on-solitude-and-silence/>

<https://www.contemplativeoutreach.org/>

Rule of Life

<https://www.thesabbathlife.com/blog/practices/beginners-guide-rule-life>

<https://sacredordinarydays.com/pages/rule-of-life>

<https://practicingthewayarchives.org/unhurrying-with-a-rule-of-life/workbook>

https://www.digitalc3.com/?page_id=341

Centering Prayer

<https://www.christianmeditationcenter.org/what-is-centering-prayer/>

https://www.spiritualityandpractice.com/ecourses/course/view/10235/centering-prayer-as-practice-and-process?/key/cai&gad_source=1&gclid=CjwKCAiA8Lu9BhA8EiwAag16bzQI2Mf7QaEZl-xu1JCDJyVxZxSPumiUi7wpV8pR9HSuDKLFnucyyRoC dbsQAvD_BwE

<https://www.christianmeditationcenter.org/what-is-centering-prayer/>

<https://mcgrathblog.nd.edu/how-to-practice-centering-prayer-to-pray-and-be-with-god>

Prayer of Examen

<https://www.jesuits.org/spirituality/the-ignatian-examen/>

<https://fullerstudio.fuller.edu/prayer-of-examen/>

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>

Lectio Divina

https://www.unhurriedliving.com/lectio?gad_source=1&gclid=CjwKCAiAiOa9BhBqEiwABCdG8-B9qwnb30ukPnMbojSyRlxnGWWtrew9RSKWAoel51gHodZFoGNOBoCW_wQAvD_BwE

<https://www.upperroom.org/resources/lectio-divina-praying-the-scriptures>