

## 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 Devotiona*

*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.soulshpherd.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](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-xu1JCDJyVxZxSPumiUi7wpV8pR9HSuDKLFnucyyRoCdbSQA\\_vD\\_BwE](https://www.spiritualityandpractice.com/ecourses/course/view/10235/centering-prayer-as-practice-and-process?/key/cai&gad_source=1&gclid=CjwKCAiA8Lu9BhA8EiwAag16bzQI2Mf7QaEZl-xu1JCDJyVxZxSPumiUi7wpV8pR9HSuDKLFnucyyRoCdbSQA_vD_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-B9qwnb30ukPnMbojSyRlxxnGWWtrew9RSKWAOeI51gHodZFoGNOBoCW\\_wQA\\_vD\\_BwE](https://www.unhurriedliving.com/lectio?gad_source=1&gclid=CjwKCAiAiOa9BhBqEiwABCdG8-B9qwnb30ukPnMbojSyRlxxnGWWtrew9RSKWAOeI51gHodZFoGNOBoCW_wQA_vD_BwE)

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