

HELPFUL LINKS INTO PRAYER EXPERIENCES

10 ways to pray online:

<https://catechistsjourney.loyolapress.com/2016/05/10-ways-pray-online/>

This gives you ten different links to ways of praying that are very accessible and helpful

Daily examen

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

this provides many ways to take part in the Examen prayer. It's very creative and has approaches for young and old.

Prego – praying with Sunday scripture

<https://stbeunosoutreach.wordpress.com/prego/>

This helps participants to pray weekly with the scripture for the Sunday celebration. It is written by a team of lay spiritual director who have an outreach to the Diocese of Wrexham. It can be used by an individual or used in a group setting.

The Prayer Course

<https://prayercourse.org/>

This is really appealing, it's an 8 week course on the Lord's Prayer, from the 24/7 prayer stable. It's modern, engaging and down to earth.