

“But when you pray,
go into your room,
close the door, and
pray to your Father
who is unseen. Then
your Father, who sees
what is done in secret,
will reward you.”

Matt 6:5-6



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The cover illustration is the Coptic Icon of Pentecost

DEVELOPING A DAILY PRACTICE OF PRAYER



HOW THE INTERNET CAN HELP

“God wants each kind of creature to flourish in the way appropriate to it, and he wants his human creatures not only to flourish in a human way but to share in his own life and happiness for ever”

(Herbert McCabe 'The Teaching of the Catholic Church A New Catechism of Christian Doctrine')

Prayer is central to our ability to flourish as God created us to. It enables us to open ourselves daily to the life of God within us and around us. It is all too easy to forget that “in him we live and move and have our being” (Acts 17:28) without a daily practice of prayer.

Often, though, it is difficult to know quite how to pray. Or we may feel that our prayer life has become stale rather than life-giving.

The internet can offer many resources to help us develop a daily practice which can enrich our lives and help us grow in love for God, others and ourselves. You may find the following websites helpful:

www.sacredspace.ie/

A beautiful site by the Irish Jesuits offering a 10 minute daily reflection based on a different passage of scripture each day.

www.pray-as-you-go.org/

This includes daily reflections using scripture and music which can be downloaded and played on an ipod or other mp3 player.

www.contemplativeprayer.net/

This contains a lovely guided introduction to silent, contemplative prayer. See also

www.contemplativeoutreachlondon.org.uk/method.htm

www.wccm.org

An introduction to Christian Meditation as taught by Fr John Main and Fr Laurence Freeman .

www.universalis.com/

This offers a variety of ways of joining in with the Church's Morning and Evening Prayer (the Divine Office).

www.gratefulness.org/

A beautiful site which helps us develop an attitude of gratefulness and wonder for the many things we may take for granted in our lives, using images and music.

www.wellsprings.org.uk

A website produced by members of the Portsmouth diocese containing a wide variety of prayer and liturgical resources.

www.upperroom.org/methodx/

This has an excellent section on Prayer Methods which includes an introduction to praying with icons.

www.catholicchurch.org.uk/

The official site of the Catholic Church in England and Wales with an excellent section on Prayer and Spirituality.