



Pray with No Words

Resources

Books

“The Practice Of The Presence Of God,” Brother Lawrence's Conversations and Letters

Celebration of Discipline, Richard Foster

A Path With Heart, Jack Kornfield

Free Apps

App Name:	Highlights:	You'll Hear:
Reflect – Christian Mindfulness	A variety of Bible-based guided meditations: Bible Reflections, Imaginative Contemplation, Quiet Prayer, etc., plus Mindfulness Basics	British English; optional background music
Recenter with Christ – Christian Meditation	Collection of 200+ Bible-based meditations with both free-form and guided formats, with relaxing background sounds	American English; piano; ocean waves; trickling stream
Centering Prayer	Unguided, silent meditation/prayer timer with calming sounds and Bible verses to start and finish the time	Relaxing & musical sounds; silence
Smiling Mind	Huge collection of guided mindfulness meditations, educational videos, and mindfulness activities, organized into programs for different needs	Australian English; optional background music
Mindfulness Coach	Ability to set goals and track your progress; Library of educational articles; Several guided meditations; Unguided meditation timer	American English

Wednesdays
7:00-7:30 pm

TAKE IT TO THE LORD IN PRAYER

2/24 - Ways to Pray
3/3 - Pray With No Words
3/10 - Prayer in Music
3/17 - Biblical Prayer #1
3/24 - Biblical Prayer #2

A LENTEN FOCUS AT PCOL

all sessions by Zoom
get the link @
pclawrenceville.org

