## **Prayer Resources**

Here are some resources to help you cultivate a deeper rhythm of prayer in your daily life. We've put together a list of recommended prayer apps, devotionals, and books that can support and inspire you in your prayer journey. Whether you're looking for something to guide you day by day or a resource you can turn to as needed, there's something here to help you take a next step in prayer. Some of these tools are designed for personal reflection, while others can be used in small groups or with family. Feel free to mix and match—choose what suits your season of life and let these resources help you draw closer to God.

**The Pause app**: A simple app that guides you through brief, daily pauses to reconnect with God and recenter your soul.

**Inner Room app**: A prayer app that helps you categorise your prayer requests, prompts you to pray, and gives inspiration around what to pray for.

**Lectio 365 app**: A daily devotional app from 24-7 Prayer that leads you through Scripture, reflection, and prayer using the ancient practice of Lectio Divina.

**How to Pray – devotional plan** (available on the YouVersion app): A short, practical devotional based on Pete Greig's book that introduces key themes of prayer for everyday life.

**How to Pray: A Simple Guide for Normal People** (book by Pete Greig): An accessible and inspiring guide to prayer, grounded in the Lord's Prayer.

**God on Mute: Engaging the Silence of Unanswered Prayer** (book by Pete Greig): A thoughtful exploration of the mystery of unanswered prayer, written out of the author's personal experience.

The above Apps can be downloaded for free from the App store or Google Play. Books can be purchased through Amazon.com

If you're looking for a physical space to pray away from home, there is a beautiful, small prayer room on the property of a family at Shore Community Church in Greenhithe that is available by arrangement. To book, contact Karen Warne – karenwarnenz@gmail.com