

Revive Your Catholic Prayer Life



Five easy steps to the
prayer life of your dreams.

Rose Folsom

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Five easy steps to a closer connection with God

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About the Author

Coaching, speaking, and sending a weekly message on growing in Virtue is my way of paying forward what I've received from God. I love to help Catholic women grow in Virtues like patience, forgiveness, and gratitude so they can live more confident and prayerful lives.

My home base is at VirtueConnection.com.



Rose Folsom

From clueless to prayerful

I grew up a sort-of Presbyterian, not knowing much about the Christian faith. Received into the Catholic Church in 1990, I became a Lay Dominican a year later.* I then got serious about my spiritual life, starting with my prayer life.

Aside from ramping up the time I spent in prayer, I read and studied the spiritual masters to find out how they did it—and it always begins with just. showing. up. It's that easy to get started, and we'll get started together in the next five chapters.

From prayerful to grateful

Since then, I've been a teacher, speaker, and coach who helps women grow in their spiritual lives and become confident in their faith.

And I love making short spiritual videos in beautiful surroundings to share with you. Here's a link to one of them: <https://vimeo.com/254928098>

From my home in the Washington DC area I send you my love and prayers that this little book will help your journey toward God in holiness.

** Required disclaimer: I don't speak for the whole Dominican Order. :)*

Introduction

Welcome!

I'm excited to offer you this 5-step pathway to the prayer life of your dreams. It will guide you through one step, that is, one chapter a day for 5 days.

If you follow the simple guidelines in this book, you'll build the foundation of a prayer life that would get a thumbs-up from any saint. And you'll be getting closer to being a saint yourself!

As an added bonus, you can print out the quotations throughout the book and place them where they will most inspire (and remind) you to keep praying.

We'll start with the basics.

First, why is a good prayer life so important? And second, where do I start?

After 5 days, you'll know exactly what to do—and how to avoid obstacles to a satisfying prayer life. You'll have all you need to get closer to God, and to your authentic self.

Wherever you are in your prayer life—whether you're just beginning or want a re-fresh—I've been there, and can't wait to walk you through 5 easy steps to a rockin' prayer practice.

You can use this as an e-book and write your homework on a separate page or in your journal, or print it out and use the spaces provided for your reflections.

Are you ready?

Great! *Let's get started!*

Rose



"Prayer draws into
souls the Holy
Spirit, and raises
man to Heaven."

St. Ephraem of Syria

CHAPTER 1

The What and Why of Prayer

Your first steps.

Prayer: What and Why

“It is God who, in his good will toward you, begets in you any measure of desire or achievement” (Phil 2:13).

What is prayer?

Any time we lift up our heart to God, we’re praying. Prayer can take many forms. You’ll discover some of them in this book.

Why is prayer important?

One saint said, “However we pray, that’s how we’ll live, and our life will be like our prayers.” She means that if we stay connected to God through prayer, our life will be more peaceful, joyful, and happy.

That means that you’re about to embark on a life-transforming process—and it only takes 5 days to get going if you follow a chapter of this book every day. This may be the **most important thing you do all year.**

Mother Teresa was asked what her secret was. She said that her secret was simple—she prays. Just think of it! Prayer was her #1 “secret” to being a saint.



You can do this!

Not only does prayer give us the confidence and peace we’re looking for, but because of that everyone around us benefits, too.

God awaits you

It’s kind of a relief that prayer doesn’t begin with us, but with God. Without the Holy Spirit acting in us, we would never even want to pray. The desire to read this book is already a gift that we can thank God for—that he has invited us more deeply into the life of love of the Most Holy Trinity, Father, Son, and Holy Spirit, by means of prayer.

What is personal prayer?

There's public (liturgical) prayer, like the Mass, and what Ralph Martin calls personal prayer, which we'll focus on in this book.

Personal prayer has some things in common with public prayer, though. Both kinds of prayer are:

- Our spiritual response to God's action in us.
- A conversation with God that deepens our friendship with Him.

Personal prayer is uniquely a one-on-one with God. And yes, this one-on-one conversation can be practiced when other people are around us.

Why personal prayer?

It helps us draw more abundant joy and grace from the Sacraments. Prayer makes us receptive to the superabundance of grace God wants to give us through the Sacraments: the grace to love generously and cheerfully.

Personal prayer builds our confidence that God is giving us what we need, which gives us a deep inner peace that the world cannot give.



What time should I pray?

Pick a time that has the fewest distractions, usually the first thing in the morning. Now, picking a time may involve negotiating with other family members: your husband agrees to make the coffee while you pray, or the family agrees not to disturb you—or you go to bed a tad earlier to get up before anyone else.

Why first thing?

Two reasons this is the best time if you can swing it. First, you start your day off with God, so everything after that flows out of your relationship with him. Second, you don't have to worry about how to fit it in during the day when everything else is happening.

Just yesterday I was writing this book and got so into it that I didn't pray Morning Prayer until 2:30 pm. A lesson in humility, yes. And a lesson, once again, that I can't have an effective prayer life without God's grace. But also a beautiful reminder that God can make us stronger in spite of our weaknesses and failings—if we let him lift us right back up after we stumble.

Other times

If you can't pray first thing in the morning, pick another time. You can always change it. Some people pray during the kids' naptime, during a lunch break at work, when the family is watching television, or after everyone has gone to bed. You can get creative here—one young mother finds time to pray while breast feeding!

The time of day we pray is not important as long as we're praying every day, so choose a time that you think will work best, and adjust as needed.

Where should I pray?

Again, the place that has fewest distractions. You'll aim to pray at the same time and same place every day. Some examples: bedroom, church, office, or an out-of-the-way room if you have one. It's extra effective in keeping focused if you can choose a place that is used only for prayer.

What all do I need?

Bring a religious image into your prayer space. An image of Jesus, Mary, or a saint. Or maybe for you it's music or nature sounds that most move your heart and mind toward God. Whatever it is, include something to help you focus on prayer.

It's time to take action. Your brand new prayer practice is about to start!



Chapter One Assignments

Ask God for guidance. "God, please guide me to choose the time and place to pray."

Pick a time to pray. I choose to pray every day at _____ o'clock.

Pick a place to pray. I choose to pray every day in _____.

Place a religious image there.

Pray for at least 5 minutes at your chosen time and place, thanking God in your own words and asking Him to bring you to prayer tomorrow at the time you decided.

If you aren't sure how to pray, read on. You're doing great so far!

"Prayer accustoms our soul
to the presence of God,
to produce in us a
union with him that
is intimate, simple,
and perfect."

St. Francis de Sales

CHAPTER 2

A Simple Way to Pray

Easy as 1-2-3.

Keep it Simple

“Do not imagine that prayer is simply words. Prayer is the desire for God.” Pseudo Chrysostom

In the last chapter, we learned what personal prayer is and why it’s so important, but—how do I do it?

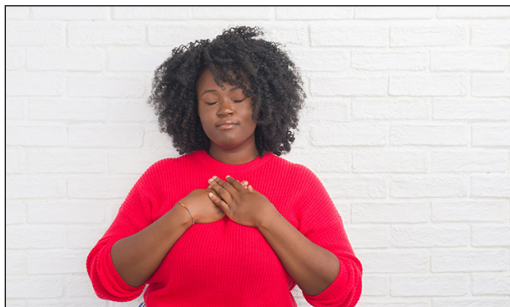
We will use three simple steps.

Step 1: Lift your heart to God.

Step 2: Recognize God’s action in you.

Step 3: Respond to the Holy Spirit’s promptings.

That’s the whole process!



A Deeper Dive

Now we’ll go a little deeper into the steps. The purpose of Step 1 is to put yourself in the presence of God, who is already with you. This is your way of saying, “Here I am, God! Your servant is listening.” A little tip: you’ll have more success if you avoid turning on your electronic devices until after you pray.

Step One

For Step 1, you’ll choose one of 4 ways of lifting your heart to God.

Read a passage from the Bible very slowly.

Pray the Our Father very slowly, so each word has meaning.

Read from a favorite prayer book.

Linger over the Rosary.

Again, Step 1 is reaching out to God. You have 4 ways to do that. To keep it simple, I recommend that you choose one of the 4 ways for the entire 5 days.

Step Two

Step 2 is recognizing God's action in you—letting God “speak” to your heart.

How can I tell that God's acting in me?

A feeling of love for God
Feeling like he's with you right now
You get a little insight into a problem
You get an insight into something you could be doing better

Or sometimes it's just a feeling of calmness. If you “don't feel anything,” it doesn't mean you're doing it wrong. The saints remind us that God's always at work in you if you're open to receiving him.



Step Three

Step 3 is to respond to what you experienced in Step 2

Say a prayer of thanksgiving
Invite him to tell you even more
Ask him for some grace, like insight into a problem
Tell him what you love about him

How's That Again?

Another way to see the 3-step process is Speak-Listen-Speak

1. Speak : “Lift your heart to God” is the “Speak” part—you're letting God know that you want to receive what he wants to give you at this moment.
2. Listen: Recognize God's response. Be open to what he's doing in your soul.
3. Speak: Here's you speaking again. Respond to whatever he gave you in Step 2 as you were listening.

This 3-step process isn't a method or a technique. It's the pattern of any close friendship. Reviving our Prayer Life means building our friendship with God, sharing what's on our mind with him, listening to him, and thanking him for being there for us.

Let's say you want to pray for 15 minutes but finish your three-steps in only 5 minutes. What should you do?

Just start the steps over again—reach out to God, listen to him, and respond to what he put on your heart. If you spend the whole 15 minutes on Step 1, that's okay, too. The Holy Spirit is full of surprises, but he never leaves us empty-handed.

If you “don't feel anything” during your prayer time, don't worry. You've reached out to God and He always blesses you for that.

Thank Him for inspiring you to pray, and thank Him for the good He is doing through your prayer, even if you don't know what that is yet.

Chapter Two Assignments

Pray for 15 minutes in the place and time you decided, following the 3-step process.

Journal question: How did you feel during your prayer time today?

Great going! Keep it up, and remember these words of a great modern saint:



"It is simply
impossible to lead
a virtuous life
without the aid
of prayer."

St. John Chrysostom

CHAPTER 3

Three Obstacles to Prayer

And what to do about them.

Obstacles to Prayer

“Our faith is nothing but examples of suffering and victory.” Liz Tomaszewski

In this chapter, we’ll talk about the obstacles we face in trying to pray.

Are you ready to discover what they are and how to overcome them?
Great. Let’s go!

#3 obstacle to prayer: unexpected events

Sometimes we’re physically prevented from keeping our daily date with God—from being in the special place at the time we chose to pray.

Here are the kinds of things that can keep us from our regular prayer time.

- Our prayer time is after we get home from work and before we cook dinner. But today our boss needs us to work late. So there, we think, goes our prayer time.
- Our prayer time is after the kids go to bed, but tonight our son was playing Spiderman after dinner and we’re sitting in the emergency room at 9:00 pm.
- Our prayer time is before the family gets up, but we woke up with a migraine and there’s no way we’re getting out of bed to pray.

The trap we could fall into is getting discouraged that we can’t pray in the time and place we had planned. When life gets in the way, we can even be tempted to give up, thinking, “Well, I tried but it’s not working. Everyone else seems to be able to do this, but I guess I can’t. There’s just too much going on.”



Life happens to everyone and we just need to persevere and be creative. We need to ask for God’s help!

The fix

Let your unexpected situation be an opportunity to notice God—wherever he’s put you.

- Unexpectedly working late, on the way home pray a Rosary or just unburden your heart to God. Or claim your prayer time later that evening. It may not be as much time as you had planned, but it will be something. It will keep your habit of prayer on track.
- In the ER waiting room, pray for each person there—patients and staff.
- If physical pain is making prayer seem impossible, get as comfortable as you can, and start by thanking God for his love, for suffering pain for you; bring things gently to mind that you’re grateful for.



It’s always possible to pray if we take what we’re given at this moment and ask God to draw us close to him. A loving awareness of God is the essence of prayer and sometimes that’s all he’s asking. Your enemy the devil really wants you to give up—don’t give him the satisfaction! Pray where you are. Don’t give up!

#2 obstacle to prayer: outside distractions

So many things around us can make it difficult to focus during prayer.

- The neighbor’s dog starts barking just as you’ve settled into your prayer corner to pray the Rosary.
- A classic example is going to church in the middle of the day to enjoy some beautiful quiet time with God and two ladies start talking in the pew behind you.
- Or at home when you’re praying, you notice a cobweb, which you then can’t stop thinking about.

Sounds

To deal with distracting noises—the dog or the church ladies, or the TV in the next room—I always carry foam earplugs in my purse. They won’t block the sound completely, but they’ll dim it enough that I can concentrate.

I have told chatty ladies in church that they were distracting me a bit from my prayer. If you say it with love, they will usually apologize and go outside to talk. I know this for sure because I’ve been the talker sometimes, too!

Pray softly out loud to drown out distracting sounds like people in church arranging candles and flowers for this Sunday's Mass or a funeral.

If nothing really works, pray anyway, any way you can. God will bring great grace from prayers that are difficult.

So those are some ideas for praying when you're hearing distracting sounds.

Sights

When you see distracting things, like a cobweb or a plant that needs watering, think of your goal! Your goal is to respond to God's love by opening your heart to him. We can use the cobweb to strengthen our ability to focus, or use it as an excuse to leave our prayer. "It's only a cobweb," we think, "it'll take 10 seconds, tops, then I'll be able to concentrate."

No. No you won't. If you take 10 seconds to deal with the cobweb, you've just begun a new habit of letting distractions pull you away from prayer. It's usually better to stick it out and do your best to nudge your focus back to God. Ask Him to help you do that.



#1 obstacle: ourselves

You've probably guessed by now that the #1 distraction to prayer is the wandering of our mind for no particular reason.

- Have you ever meant to be praying, but suddenly realized you've been thinking about your grocery list instead?
- Last we looked, we were returning God's loving gaze with our whole heart—it even caused us to smile—but somehow we "wake up" to find ourselves deeply involved in what we wish we had said to our boss yesterday.
- We may focus on the crucifix, and realize a few moments later that we're trying to remember, "Which pilgrimage did I buy that on?"

This can make us feel like a loser in prayer. We managed to set aside the time and place to get closer to God and thought we were doing great, but feel like we totally blew it—again!

But there's a lot of good news here.
You're. Doing. Fine.

First of all, we showed up in the best way we knew how. Second, there are things we can do to minimize mental distractions. Here are three ways to keep your mind on God while you pray:

1. Consider any worries that could distract you and intentionally leave them outside your prayer space before you go in. Name them and let them go. If it helps, write them down and leave them in a wastebasket. Ask God to mind them while you're praying.
2. Keep a spiritual book within reach. Read it out loud to focus your mind.
3. Don't beat yourself up, because that's just another distraction. Instead, when you realize your mind has wandered, gently refocus. Do that as many times as it takes. It's okay. If you do this without getting upset or discouraged, your ability to concentrate will improve over time and your efforts will always be pleasing to God. Even if your prayer feels like "nothing happened," thank God for being present with you and working silently in you.



The bottom line is: keep going. Your prayer is crucial for your spiritual good and it's important for the good of your family and the whole world. God will help you if you ask him.

I have complete faith in you that you can do this!



Chapter Three Assignments

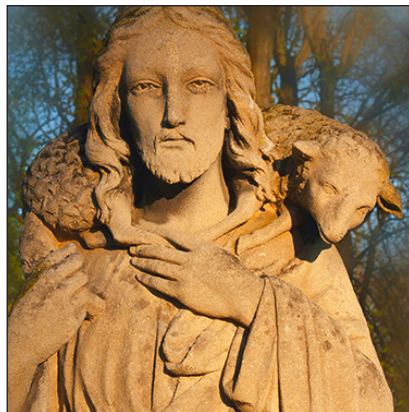
Your Chapter 3 assignment is to pray for 15 minutes at your usual time and place, gently calling yourself back to God if you realize your mind has wandered.

Chapter 3 journal questions:

Which of the three obstacles are you affected by the most?

What help for distraction seems most useful for you?

Can you compose a simple prayer asking God to keep you focused in prayer?



Hope for us all

Pope John XXIII, who is now a saint, wrote the following in his journal as a seminarian:

"I find that I am still at the very beginning of the journey which I have undertaken, and this makes me feel ashamed. I thought I could have been a saint by this time, and instead I am still as miserable as before....Thanks be to God, I still have the will to be good, and with this I must go on....What am I waiting for? In the name of the Father and of the Son and of the Holy Ghost, under the protection of the Virgin Mary and blessed Joseph, let us go forward."

(From *The Journal of a Soul*, Image books 1980, pages 19-20.)

"Prayer is a relationship.
Half the job is mine."

Elizabeth Gilbert

CHAPTER 4

Keeping Inspired

With people, books, and music.

How to Keep Inspired

“To be near God is my happiness” (Psalm 73).

Congratulations on your progress so far. Now that you know a simple way to pray, it’s time to discover ways to keep *inspired* to pray.

We all need to make a regular effort to stay excited about our friendship with God. Because the world, the flesh, and the devil, not to mention electronic devices, are trying to steal our devotion every day. Mother Teresa said it this way:

“To keep a lamp burning we have to keep putting oil in it.”

The more red-hot you keep your love for God, the more fruitful your prayer life will be. Here are some ideas to keep you motivated.

Three Motivators

Connecting with others

Online resources

Books

Let’s explore how we can keep the flame of love for God at high intensity!



Motivation #1:

Connecting with Others

When two or three are gathered in the Lord’s name, he is among you. Keep close to God through regular contact with people of faith.

- **Ask God to guide you** to what you need to maintain and deepen your prayer life. Trying to do this ourselves can leave us frustrated. Practice depending on God for the

grace of a strong prayer life, while doing your part.

- **Attend daily Mass when possible.**

Even one extra day each week, outside of Sunday, helps ignite the flame.

- **Engage a spiritual director.**

If your pastor is too busy or if you have trouble finding one locally, visit <https://spiritualdirection.com/>

- **Go on retreat at least once a year.**

If there is no retreat house near you, check the area monasteries, which may have retreatant rooms. For a solitary retreat, renting a cabin at your local State Park is inexpensive and close-by.

- **Invite friends over** for a movie about the life of Our Lord or a saint.

Many good movies have come out lately, including “Pray,” the life of Fr. Patrick Peyton, the Rosary crusader who preached that the family who prays together stays together.

- **Listen to your favorite Christian music.**

Even if you’re doing something else while you listen, the lyrics and melody can reinforce your connection to God.

- **Organize a weekly prayer group** or join one in your parish.

Live or on zoom, a group provides the accountability that most of us need to keep on track.

- **Organize a Catholic book club** or find one in your area.

This helps us stay in the habit of thinking about God. Even if the good book your group is reading is not strictly religious, your faith will be strengthened just being around people of faith. And you will strengthen theirs. It’s a win-win!



Motivation #2:

Online Resources

Online resources include Facebook groups and other social media, websites, blogs, videos, and podcasts. This list will give you a place to start your exploration if you’re a newbie.

- **Visit Catholic Facebook pages:** <https://www.facebook.com/AleteiaEn/>, <https://www.facebook.com/CatholicCulture/>

www.facebook.com/CatholicMomCommunity, <https://www.facebook.com/Fitcatholic-mom/>

A group of like-minded Catholics will keep you connected to your faith between Masses and can be a great way to learn how others like you are persevering in their faith journey.

- **Explore Catholic websites:** <https://www.catholiceducation.org/en/>, www.catholicmom.com, <https://catholicexchange.com>, <https://aleteia.org/>, <https://www.ewtn.com/catholicism>, <https://www.praymorenovenas.com/>

- **Watch Catholic videos:** <https://www.youtube.com/channel/UCVdGX3N-WIJ5nU-vklBTNhAw>

Videos are easy to focus on, and can teach you a lot about how to grow in faith. Mark a Catholic YouTube channel as favorite.

- **Listen to Catholic podcasts:** <https://opeast.org/category/word-to-life/>, <https://www.stitcher.com/show/girlfriends> Podcasts are great because you can multitask: listen in the car or during a walk.

Many of us love to hear the basics over and over, because we hear something new every time. Find a podcast that speaks to your soul.

- **Keep inspiring music handy on your phone.**

When we don't have any energy and feel like we're fresh out of love, music can fill our well and put us back on track again. Here are a few ideas:

Matt Maher: <https://www.mattmahermusic.com/>

Tenebrae Choir: <https://www.tenebrae-choir.com/shop>

Luke Spehar: <https://lukespehar.com/>

The Vigil Project: <https://www.thevigilproject.com/listen>

Go exploring to find out what you can discover online to keep your flame of love for God burning brightly!

Motivation #3:

Books to Keep You Inspired

Books are a great way to cultivate love of God, which increases our desire to pray. Many of us have our handful of "go-to" books that we know are going to re-ignite our motivation to pray. I highly recommend these three for starters.

Prayer Primer

by Fr. Thomas Dubay, S.M.

"The aim of all prayer is to be head over heels in love with Love, Father, Son, and Holy Spirit."

Hungry for God

by Ralph Martin

“The message of this book is that God can be found. Prayer is possible. Union is offered.”

Thirsting for Prayer

by Fr. Jacques Philippe

“What the world needs most today is prayer. It is prayer that will give birth to all the renewals, healings, deep and fruitful transformations we all want for society today.”



Receive the gift

A fruitful prayer life is God’s gift to us. It’s his way of making us his own.

We do our part by:

- showing up for prayer every day
- taking advantage of the resources God gives us to deepen our friendship with him

Chapter Four Assignments

1. Pray for 15 minutes in the time and place you have chosen.
2. Choose three go-to resources to keep your prayer life fresh and keep them close at hand.

Journal questions:

How did you feel during your prayer time today?

What three go-to sources of inspiration did you choose?

*"Prayer is
hope in action."*

Pope Benedict XVI

CHAPTER 5

Making Your Prayer Life Stick

Three hacks to keep you on track.

How to Stick With It

“Courage, courage, trust in God who helps you in all things.” St. Mary MacKillop

Here we are at the last chapter of *Revive Your Catholic Prayer Life*. We’ve covered what personal prayer is; when, where, and how to pray; how to deal with obstacles to prayer; and how to stay inspired.

Now, are you ready to discover three ways to make your new prayer life stick once and for all? This is the final, crucial piece!



Prayer hack #1: Derrière in chair.

Whether you pray seated, standing, or kneeling, we have to get our body to the prayer space every day to build the habit and make it stick. We have to show up.

Many saints say that praying when it’s difficult draws down more grace, because we’re focused on the giver (God) and not his gifts (that is, good feelings). Make sense? So don’t worry if you don’t feel like prayer. If you’re showing up and doing the best you can, you’re doing it right.

If you need to adjust your time and place, go ahead. Whatever gets the derrière in the chair.



Prayer hack #2: Buddy system

Here’s another way to continue the habit of prayer you started so beautifully this week.

Get an accountability buddy. There are three ways to do that.

1. Ask someone you trust if you can check in with them once a week. It's a win-win because it keeps both of you on-track to keep each other praying. If you're in a prayer group, the group can be your "buddy." I've had an accountability buddy for four years and she keeps me from skimping on prayer because I know I'll have to tell her how I did every week!
2. Engage a spiritual director who's trained to guide you. Ask your Pastor, or visit spiritualdirection.com
3. Join my Virtue Circle. Women who want to deepen their lives of faith meet on Zoom twice a month where they get a "mini-teaching" from me, followed by discussion and prayer. Virtue Circle is an oasis of faith and fun as we grow closer to Jesus together. [Click here to learn more.](#)



Prayer hack #3: **Begin again**

It's amazing how when we start developing a good habit, like prayer, we can find one day we've forgotten all about it—and we don't even know how it happened!

It's okay. We're human. Get an accountability buddy and begin again, using the guidelines in this book.

Don't get discouraged! If you forget to pray, God welcomes you back in a heartbeat.



Wrap-up

A fruitful prayer life is God's gift to us.

Any good thing we do is inspired by God and continues by our participation with his grace.

Again, our five steps to a rockin' prayer life are:

1. Choose a time and place to pray every day.
2. Speak–Listen–Speak in your conversation with God, as you would with any friend.
3. Learn to recognize, avoid, and neutralize obstacles to prayer.
4. Take action to keep motivated.
5. Take action to make daily prayer a life-long habit.

Chapter Five Assignments

Pray for at least 15 minutes in your chosen place and time.

Identify someone you can check in with regularly, so your prayer life won't slip away.

Call them to see if they are willing.

Journal questions:

Who are the people that could be my accountability buddy?

What's your #1 benefit of staying with your daily prayer life?

Compose a simple prayer asking God to keep you faithful to growing in friendship with him.





Congratulations!!

You've crossed the finish line on your 5-day plan to revive your prayer life. I'm proud of you. You've made a great start to a life-long and life-changing adventure. Keep going strong.

As you make progress in your prayer life, the most important thing is to stick with it. And don't worry if you have to miss a day. Or two. If you don't have 15 minutes some days, just go to your prayer space for whatever time you have—even if it's just a minute. Consistency will be your best friend.

It's surprising how easy it can be to forget to pray, especially when you're building a new habit. To help you remember, try putting a post-it somewhere you'll see it, like the coffee pot, or set your phone alarm for the same time every day.

Before long, you'll notice how much your prayer time makes your whole day calmer and smoother. As the old saying goes, God is not outdone in generosity.



Know that I pray for you every day. Please pray for me, too, because we're in this together! *Bye for now.*

Love always, ♥ Rose

"Prayer is the source
of all graces, the
mother of all virtues."

St. John Vianney

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Additional resources for prayer:

Books

Fire From Above

by Dr. Anthony Lilles

When Women Pray: Eleven Catholic Women on the Power of Prayer

by Kathleen Beckman

The Soul of the Apostolate

by Jean-Baptiste Chautard, O.C.S.O.

A Devotional Journey Into Mass: How Mass Can Become a Time of Grace, Nourishment and Devotion

by Christopher Carstens

Subscription

Magnificat

Very popular monthly devotional with daily prayers, meditations, inspiring quotations, and beautiful artwork.

Online subscription

Hallow.com

Catholic prayer & meditation app.



“Abide in the home of the divine and fatherly goodness of God like his child who knows nothing, does nothing, makes a mess of everything, but nevertheless lives in His goodness.” St. Peter Julian Eymard