

# Prayer Resource for Adults and Children

Youcat Prayer Book Ignatius Press, 2012. The book includes modern, new prayers, along with traditional prayers, and the time-honored prayers of Holy Scripture. It also gives a lot of practical advice on how to pray: in the morning, in the evening, and in between; in sorrow or in joy. The prayer book is illustrated with many photos of young people from all over the world.

How to Pray with the Bible Paraclete Press, 2010. Takes you step-by-step through a variety of approaches to praying with Scripture. She encourages attentive listening and a sense of humor as you make God's Word a deeper part of your prayer life. Discover how to create "a posture of attention" and how to listen in ways you may not have thought possible. Learn ways to pray with every portion of the Bible, from Genesis through the prophets, the Gospel through the Book of Revelation—even the lists, genealogies, and those "tough" psalms.

Prayers Before the Bell: Inviting Christ Into the Classroom Liguori Publications, 2012. Offers catechists, teachers, and parents more than 250 original prayers to guide students through the school year and liturgical calendar as well as special occasions. Each week's theme is reinforced with a discussion question, Scripture passage, and 5 daily prayers that support students as they grow in their relationship with God. A section of special-occasion prayers covers topics such as exam days, athletic events, 100th Day of School, holidays, and graduation.

70 Prayer Starters for Children and Those Who Teach Them Twenty-Third Publications, 2011. The author presents here seventy engaging and creative prayer experiences for children ages 5-10 that invite them to make prayer a part of their daily lives. It helps catechists pray with children in ways that speak to their lives and interests, including: talking to God in their own words, expressing praise to God through artwork, praying with scripture, remembering to pray for the needs of others, and much more.

50 Prayer Services for Middle Schoolers: For Every Season of the Church Year and More Twenty-Third Publications, 2012. Here are prayer services for sixth, seventh, and eighth graders. They're not for little kids or young adults. Using language, ideas, and formats familiar to 'tweens, these prayers introduce methods like meditation, litanies, intercessions, novenas, and even lectio divina.

Praying Constantly: Bringing your Faith to Life Our Sunday Visitor Pub., 2010. In this perceptive and timely book, celebrated spiritual teacher Benedict Groeschel demonstrates how the combination of grace with enduring Christian truths and practices will enable you to experience a deep, rewarding prayer life that in effect permeates everything you do.

150 Opening and Closing Prayers Saint Mary's Press, 1990. This abundant collection of prayers will be helpful to anyone who wants to begin or end a meeting, a school day, or a class with a prayer but does not have the time to compose one. It covers many themes central to Christian life, and each prayer may be adapted to varying situations. Topics include: creating community, hope, peace and reconciliation, leaders, celebration and thanksgiving, creation, compassion, wisdom and understanding, and courage in hard times.

The Essential Catholic Prayer Book: A Collection of Private and Community Prayers Liguori Pub., 1999. Bringing together more than 250 traditional prayers and devotions that cover every aspect of the Catholic heritage, including prayers for holy days, special occasions, the Mass, reconciliation, personal needs, prayers to Jesus Christ and the Holy Trinity and a variety of other texts for private and communal use.

Let's Begin with Prayer: 130 Prayers for Junior and Senior High Schools Ave Maria Press, 1997. Here are prayers which are grounded in the Catholic tradition while reflecting the concerns of today's Catholic school community. The prayers are divided into three sections. "Prayers for Holy Days and Holidays," "Prayers for Special Days," and "Prayers for Ordinary Days." A final section offers six full prayer services.

The Catholic Way to Pray: An Essential Guide for Adults Twenty-Third Publications, 2009. Here you will find the information and inspiration you need to jumpstart your prayer life as a Catholic. May it be only the beginning of an exciting adventure for you as you walk more closely in the footsteps of Jesus Christ. Highly recommended for all Catholic adults, including catechists, parish ministers, and RCIA teams, especially catechumens and candidates.

Teaching Catechists to Pray: For Catechetical Leaders Twenty-Third Publications, 2010. This comprehensive guide and its companion, *The Catholic Way to Pray*, answer the prayers of many catechetical leaders across the country. "How in the world," they ask, "do we offer catechists a way to pray as Catholic adults? Kathleen Glavich addresses these questions and more by focusing on the nature of prayer, what Jesus taught about it, when and how to pray, and difficulties in prayer. She offers a variety of prayer forms like praying with Scripture, the Eucharist, the Divine Office, *Lectio Divina*, meditation, praying with mantras, the rosary, the stations of the cross and much more.

A Simple, Life-Changing Prayer: Discovering the Power of St. Ignatius Loyola's Examen Loyola Press, 2011. Jim Manney introduces Christians to a 500-year-old form of prayer that dramatically altered his perception of prayer and the way he prayed. The prayer is the examen, which St. Ignatius Loyola developed for the purpose of nurturing a reflective habit of mind that is constantly attuned to God's presence.

Forty Weeks: An Ignatian Path to Christ With Sacred Story Prayer Sacred Story Institute, 2013. Designed as a parish spiritual renewal program/resource for pastors, parishioners, adult faith formation directors and RCIA programs, it also serves as a self-guided prayer experience for the individual user. Forty Weeks will be a life-changing annual program to introduce congregation members to a heart-felt personal relationship with Jesus in daily prayer, spiritual discernment and a regular and fruitful practice of the Sacrament of Reconciliation. All in all, about twenty years' worth of reflection, study, testing, feedback, and refinement have gone into this updated version of St. Ignatius' powerful Examen prayer. Forty Weeks is a perfect program of solid, classic spirituality updated for the third millennium to promote the new evangelization first described by Pope John Paul II early in his papacy, continued by Pope Benedict XVI and now strongly proclaimed by Pope Francis.

Prayer Sorin Books, 2006. A helpful guide to prayer. You'll learn about: personal concepts of God; why, when, where, and how we pray, sacred art and music; spoken and written prayer language; prayer postures, paths, and physical gestures; plus beloved prayers of many traditions; and more.

Griffin, Emilie. Simple Ways to Pray: Spiritual Life in the Catholic Tradition Rowman & Littlefield Publishers, 2006. Emilie Griffin offers her readers an intimate and accessible introduction to the history and practice of prayer in the Catholic tradition. Meaning both to engage the beginner and encourage the experienced, Griffin explores the different types, devotional styles and techniques of prayer as well as outlining practical strategies for starting and sustaining an interior spiritual life.

Praying in Color: Kids' Edition Paraclete Press, 2009. This first of its kind resource will forever change the way kids pray and how adults try to teach them to do it. This is

prayer that makes sense to kids. One minute a day will do. Any time of the day will work. Drawing with markers or crayons is half the prayer; the other half is carrying the visual memories throughout the day. (Back Cover). Accompanying DVD available.

Prayer Orbis Books, 2007. Joyce Rupp opens up the Scriptures that teach us how to pray and applies them to our daily lives. She encourages us ""to pray always"" through an awareness of God ""in which we live and move and have our being."" Filled with personal experiences, examples, and life-lessons, *Prayer* is spiritual reading at its best for Christians of all denominations.

The Heart of Catholic Prayer: Opening the Our Father and the Hail Mary Our Sunday Visitor Pub., 2012. To learn and understand the Our Father and Hail Mary is to learn the deepest contours of the Church's interior life, for both are prayers that come from the Holy Spirit, who is the soul of the Church. Dissects the two anchors of our faith line by line in a journey into the Church's deep tradition of prayer, drawing us more deeply into the heart of the mystery of God's love. It's no coincidence the Our Father and the Hail Mary are closely intertwined in the heart of the Church.

Five Pillars of the Spiritual Life: A Practical Guide to Prayer for Active People Ignatius Press, 2008. Fr. Spitzer shows there are five essential means through which contemplation can be attained, particularly for busy people. The Holy Eucharist, spontaneous prayer, the Beatitudes, partnership with the Holy Spirit, and the contemplative life itself. This book is a jump start to a deeper spiritual life for today's active people, and it will enflame the desire to read the masters and to enter even more deeply into the heart of God. (Back Cover).

Introducing Children to Silence and Prayer: For Catechists and Parents Liguori Pub., 2013 Through prayer, very young children can learn to talk with God and to build their faith and trust in him in the greatest and hardest of times. Author Luis M. Benavides, explores this belief. By walking catechists and families through the process, he helps them to get to know God and to communicate with the God who loves them. Furthermore, Benavides helps us to reexamine our own attitudes about prayer, as he offers a different perspective to help children begin the journey and deepen their relationship with God.

Novenas for the Church Year Our Sunday Visitor Pub., 2012. At the heart of Novenas for the Church Year is a collection of nearly 60 original novenas that you can use to feed your soul as you commemorate an astounding variety of holy souls and holy days. Allow Fr. Peter John Cameron, O.P., editor of Magnificat, to lead you on a rewarding journey of prayer and intercession in rhythm with the Church year.

The Rosary Project: A Celebration of Prayer and Song St. Anthony Messenger Press, 2011. Experience the Rosary with this celebration of prayer and song. Offers a fresh look at the ancient practice of meditating on the mysteries of the Rosary. Listen to the Rosary being recited while interspersed with songs to lead you deeper into the life of Christ.

Journey to the Heart: Centering Prayer for Children Paraclete Press, 2007. Uses rhyme and illustrations to teach children how to practice prayer of the heart, contemplative prayer, or centering prayer.

The Purples are Coming! Rock House Press, 2010. Thrilled at the alarm signaling the arrival of spring: "THE PURPLES ARE COMING!," a delightful band of meadowland animal pals sets off on a most unusual journey not only to the little chapel by the pond to see the purples at the very peak of their bloom, but to a wise old ram, Father Fred, to learn

important lessons about prayer, apostleship and the love of God. Maybe prayer is not so complicated after all.