

by Sharon Ely Pearson

Prayer is communication with God and can occur before a meal, at bedtime, during a worship service, or any time the need or opportunity arises. Silent and spoken prayers are both okay and can be used throughout the day. Prayer is also taking time to listen to what God is saying to us.

During this Lenten season, explore some of these online resources to help you pray in the midst of your busy life in new ways:

Cotter Cairns offers a variety of resources for daily prayer that use contemporary, inclusive language and are related to current issues and challenges of modern society.

ExploreFaith.org offers spiritual guidance for anyone seeking a path to God with helpful resources for various forms of prayer and meditation. It offers a free e-newsletter featuring prayers, reflections, and “tools for the journey.”

Gratefulness.org provides a rich variety of resources that remind us of the fundamental importance of gratefulness in our lives. It is centered on the teach of Brother David Steindl-Rast, OSB. It offers a free daily e-mail “Word for the Day.”

HenriNouwen.org offers daily meditations from the wisdom of Henri Nouwen, one of the most profound and influential Roman Catholic spiritual writers of the twentieth century.

Pray as You Go is maintained by the Jesuits of Great Britain and provides daily podcasts. Prayerful meditations on scripture, complete with musical selections from different parts of the world are provided in well-structured ten-to-fifteen minute programs, Monday through Friday.

Are there other online prayer resources that you use? Please share!