

# BACK TO THE BASICS: PRAYER RESOURCES WEST END PRESBYTERIAN CHURCH

## MAGGIE & TODD'S SUGGESTIONS:

- ✧ Coloring
- ✧ Praying the Newspaper or Social Media Feed (Facebook/Instagram/Other)
- ✧ Journal: Gratitude, Confession, Hopes, Fears, Blessings
- ✧ Write a Letter to God
- ✧ Read or Write Poetry
- ✧ Prayer Walking/Running/Swimming
- ✧ Prayer Shawl Ministry/Knitting
- ✧ Yoga
- ✧ Baking (Bread)
- ✧ Listen to Music
- ✧ Make Music
- ✧ Hang Wind Chimes and be Reminded of the Presence of the Holy Spirit When You Pray
- ✧ Listen to Podcasts or Books on Tape
- ✧ Meditation, Connecting with Your Breath
- ✧ Daily Examen "Where in your day did you feel closest to God?" "Where in your day did you feel the furthest from God?"
- ✧ Daily Gratitude (write it down/share it with your family)

## PANDEMIC RELATED

- ✧ [Pandemic Hope Devotional](#)
- ✧ [Sparkhouse \(children and Youth Curriculum\) Free Resources during the Pandemic](#)
- ✧ [Mental Healthy Resources for Parents, Kids, and Families](#)
- ✧ [Mental Health Resources for All](#)
- ✧ [Read Encouragement from Presbyterian Global Mission Partners](#)
- ✧ [These Days is providing the devotions for the month of April and two of the coloring pages free for use.](#)

## BOOKS

- ✧ [Prayer for People Who Can't Sit Still](#) by Rev. William Tenny-Brittian
- ✧ [Devotions: The Selected Poems of Mary Oliver](#)
- ✧ [The Artist's Way](#), by Julia Cameron
- ✧ [Writing to God: 40 Days of Praying with My Pen \(Active Prayer Series\)](#) by Rachel G. Hackenberg
- ✧ [Praying in Color: Drawing a New Path to God: Expanded and Enhanced Edition \(Volume 1\)](#), by Sybil MacBeth
- ✧ [Never Pray Again: Lift Your Head, Unfold Your Hands, and Get to Work](#) by Aric Clark
- ✧ [Ordinary Blessings, Prayers, Poems, and Meditations for Everyday Life](#) by Meta Herrick Carlson
- ✧ [Making Crosses: A Creative Connection to God \(Active Prayer Series\)](#) by Ellen Morris Prewitt

- ✧ [\*Praying With the Body: Bringing the Psalms to Life \(Active Prayer Series\) Paperback – March 1, 2009 by Roy DeLeon\*](#)
- ✧ [\*The Courage to See: Daily Inspiration from Great Literature\* by Greg Garrett](#)
- ✧ [\*Gift and Task: A Year of Daily Readings and Reflections\* by Walter Brueggemann](#)
- ✧ [\*Circle of Grace: A Book of Blessings for the Seasons\* by Jan Richardson](#)
- ✧ [\*Common Prayer: A Liturgy for Ordinary Radicals\* by Shane Claiborne](#)
- ✧ [\*Savor: Living Abundantly Where You Are, As You Are\* by Shauna Niequist](#)
- ✧ [\*An Iona Prayer Book\* by Peter Millar](#)

## APPS

- ✧ [d365, A Daily Devotion](#)
- ✧ [Pray as You Go](#)
- ✧ [Ceaseless \(Developed by a Presbyterian Elder/Software Engineer at Amazon!\)](#)
- ✧ [Calm \(Meditation App used by Todd and Maggie\)](#)
- ✧ [Headspace \(Meditation App\)](#)
- ✧ [Smiling Mind \(Non-Profit Meditation App\)](#)

## PODCASTS

- ✧ [\*Unlocking Us\* by Brene Brown](#)
- ✧ [\*Everything Happens for a Reason\* by Kate Bowler](#)
- ✧ [\*Parents Take Five\*, by Jen Evans](#)
- ✧ [\*The Good Thing\*, by youth for youth](#)
- ✧ [\*Another Name for Everything\* with Richard Rohr](#)
- ✧ [\*Contemplify\* by Paul Swanson](#)
- ✧ [\*Sacred Ordinary Days\* by Jenn Giles Kemper and Lacy Clark Ellman](#)

## COLORING

- ✧ Book and Craft Stores have a variety of Adult Coloring Books
- ✧ [Free Printables from Sybil MacBeth](#)
- ✧ [\*Coloring the Silence: An Adult Coloring Book for Reflection\* by Sandy Eisenberg Sasso](#)

## LINKS

- ✧ [Daily Examen](#)
- ✧ [https://sacredordinarydays.com/blogs/news](#)
- ✧ [Labyrinths](#)

## FOR CHILDREN/FAMILIES

- ✧ [Illustrated Ministry will send weekly resources](#)
- ✧ [Faithful Families: Creating Sacred Moments at Home by Traci Smith](#)
- ✧ [Prayers for Faithful Families: Everyday Prayers for Everyday Life Kindle Edition by Traci Smith](#)
- ✧ [Family Liturgies and other Ideas for Faith at Home](#)
- ✧ [Treasure Box Tuesday by Traci Smith \(Weekly Email\)](#)
- ✧ [Look for the Helpers \(Mr. Rogers\)](#)

## TRY THIS

### BREATH PRAYER

Breath in. Breath Out. Pay attention to the breath of life within you.

Use one of the following words or phrases to focus your attention on your breath, inhaling on the first phrase and exhaling on the second (1<sup>st</sup>/2<sup>nd</sup>).

Je/sus  
The Lord/is my shepherd  
Come, Lord Jesus/hear my prayer  
Be not/afraid

I have called you by name/you are mine.  
Come/Holy Spirit  
Rest/in me  
Be still and know/that I am God

### HAND PRAYER

