

Online Resources for College Students

GUIDED MEDITATIONS

<https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads>

HISTORY OF THE ROSARY

<https://dynamiccatholic.com/5-million-rosaries/how-to-pray-the-rosary>

MOBILE APPS

The Bible App

<https://www.bible.com/app>

The Echo App

<https://new.echoprayer.com/>

Pray As You Go (Examen)

<https://itunes.apple.com/us/app/pray-as-you-go/id865934048?mt=8>

WEBSITES & SOCIAL MEDIA

Follow the Pope on Twitter @Pontifex

https://twitter.com/Pontifex?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

Boston College C21 Resources

<https://www.bc.edu/church21.html>

Blessed is She - a community of women committed to reading God's Word together

<https://blessedishe.net/>

Loyola Press

<https://www.loyolapress.com/our-catholic-faith>

Irish Jesuits: Sacred Space

<https://www.sacredspace.ie/daily-prayer>

Pray As You Go

<https://pray-as-you-go.org/>

MUSIC

Lynnfield Collaborate Spotify Playlist

<https://open.spotify.com/user/vrlhs19xghowtjgmmzcg9eumey?si=VRizzvAMQLqKiFy98Cw1MA>

Hillsong United

Matt Maher

Casting Crowns

Tenth Avenue North

Lauren Daigle

BOOKS

The Shack, a novel by William P. Young

The Bible

Just Mercy - Bryan Stevenson

Tattoos on the Heart - Greg Boyle, S.J.

Popular Spiritual Autobiographies on goodreads

https://www.goodreads.com/list/show/4110.The_Best_Spiritual_Autobiographies

James Martin, S.J. Jesuit Priest and author

Oxygen for the Soul - Allis Travers

Sacred Space - <https://www.sacredspace.ie/daily-prayer>

INCORPORATING PRAYER INTO DAILY HABITS

Journaling

The Examen

Lectio Divina

Reflect on significant moments

Morning Prayer

Saint of the Day

Pray before bed

Thank God for 3 things each morning

Short Prayers throughout the day

Some ideas from: <https://www.stmarystudentparish.org/campus-ministry/prayer-resources-students/>