



Resources for Home Prayer and Worship

Mar 23, 2020

During this season of social distancing, here are some apps and resources for personal and family prayer and worship.

- The PCUSA [Daily Prayer App](#) provides brief services for Daily Prayer based on the Presbyterian Book of Common Worship, including: psalms for the day, readings from the daily lectionary, and prayers of thanksgiving and intercession.
- The [d365](#) daily devotional site, written especially for youth and young adults, seeks to provide reflections on themes that impact our faith journey.
- [Pray As You Go](#) is a daily prayer session, designed to go with you wherever you go, to help you pray whenever you find time, but particularly whilst travelling to and from work, study, etc. Lasting between ten and thirteen minutes, it combines music, scripture and some questions for reflection.
- Staying calm is important right now. Meditation is can really help with that. While most of the popular meditation apps can be pricey, [Smiling Mind](#) is a free app developed by a non-profit. It's designed for all ages, so your whole family can benefit. If meditation is new to you, be gentle and patient with yourself. Just like anything else, quieting your mind takes practice.
- [Pandemic Hope Devotional](#)– This is an amazing family resource for life while maintaining social distance. There are devotional reading and activities prepared for the next 8 weeks for you to with those you are isolated alongside. If you live alone, call a friend or journal.
- [Illustrated Ministry](#) will send you weekly faith formation resources for all ages.
- The Presbyterian Outlook sent out a [Family Worship Service](#) for March 22, 2020. This could easily be adapted for other Sundays.