



Bibliography of Prayer Resources

Prayer Resources for Children

Grace at Meals by Helen Barron (Candle Press) One in a series of four "To-Go" sets, this pamphlet helps families explore different ways to say grace before meals by looking at resources in the Book of Common Prayer and prompts to create your own graces.

Journey to the Heart: Centering Prayer for Children by Frank Jelenek, illustrations by Ann Boyajian. Using simple language and colorful imagery, Frank Jelenek provides a way for children to begin practicing centering prayer and find the deepest part of their heart. (Ages 3-10)

Lord's Prayer by Helen Barron (Candle Press) One in a series of four "To-Go" sets, this booklet helps congregations equip parents to talk with their children about this familiar prayer.

Peanut Butter and Jelly Prayers by Julie B. Sevig (Morehouse Publishing, 2007) Prayers for meals and on the go for children helps families invite God's presence to the family table and daily activities. Included are prayers for meals, special occasions, and seasons of the Church year.

Praying in Color Kid's Edition by Sybil MacBeth. (Paraclete Press, 2007) People pray in different ways. Sybil MacBeth gives children permission to pray by doodling on pages, encouraging them to name petitions, intercessions and thanksgivings with every stroke of a marker or coloring of a dot.

Praying Together by Helen Barron (Candle Press) In this booklet, Helen provides an easy way for families to expand the ways they pray together.

Sleeping with Bread: Holding What Gives You Life by Dennis Linn et al. (Paulist Press, 1995) Dennis, Sheila, and Matthew Linn provide a gentle and simple way to introduce Ignatian Examen into the life of your household in a way that is natural and not awkward. Two simple questions each night at the table or nighttime can help you notice God's movement in your life.

Prayer Resources for Youth

Soul Shaper: Exploring Spirituality and Contemplative Practices in Youth Ministry by Tony Jones (Youth Specialties, 2003) Youth Specialties has been changing its model from activities to contemplation. This book presents sixteen approaches to spirituality for teens from sacred reading to Sabbath--their history, theology, and practice.

Prayers on My Pillow by Celia Straus: *Inspiration for Girls on the Threshold of Change* (Ballantine Books, 1998) This gift-sized book of prayers for girls offers prayers that relate to the changes girls face as they grow into adulthood. Prayers address courage, confusion, fear, pressures in school and blessings of family and friends. (Out of print, but available used online.)

Prayer Resources for Adults

A Prayer Book for the 21st Century by John McQuiston. (Morehouse, 2004). This prayer book for both communal and personal prayer expands the images of God beyond the tradition, while remaining orthodox in its theology.



Guerrillas of Grace: Prayers for the Battle (Augsburg, 1991) and *My Heart in My Mouth* (Augsburg, 2000) by Ted Loder. Ted Loder offers honest and poetic prayers that reflect the diversity of events and emotions of our lives--from desperation to joy and fulfillment.

Praying in Color: Drawing a New Path to God by Sybil MacBeth. (Paraclete Press, 2007) If you find praying with a list of petitions, intercessions, and thanksgivings a challenge, this book provides a playful and engaging way to pray--by doodling woven into meditation and prayer.

Praying the Hours by Suzanne Guthrie (Cowley Publications, 2000) In this wise and sometimes humorous little book, Suzanne takes the reader through praying in place and through time with stories from her life in ways that draws the reader to connect prayer to her and his own place and time.

Seeking God: The Way of St. Benedict by Esther de Waal (Liturgical Press, 2001). In her sometimes crusty, by always honest and joyful way, Esther de Waal explores the truthfulness of living the Rule of St. Benedict in everyday life.

Seven Sacred Pause: Living Mindfully throughout the Hours of the Day by Macrina Wiederkehr (Spiritual Book Associates, 2008) Macrina takes the reader through the seven hours of the day with beautiful prayers that reflect the change in light and substance of the day. Original, traditional, and contemporary prayers are woven together into a guide to creating a time of prayer for each hour.

Soul Feast: An Invitation to the Christian Spiritual Life by Marjorie J. Thompson (Westminster John Knox Press, 1995, 2005) In this classic, Marjorie Thompson offers tangible prayer practices, ways of reflection, and opportunities of service that will enrich our spiritual lives. Topics include approaches to prayer, common worship, self-examination, hospitality, and rules of life.

The Sacred Art of Chant: Preparing to Practice by Ana Hernandez (Skylight Paths Publishing, 2005). Your voice is the most perfect instrument, originating with breath that resides deep within, offered to the world and then received again with a new breath. Ana draws from chants from a variety of faith traditions that raise your energy and improve your focus. (Also, see the CD "Chant" by HARC at CD Baby)

Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice by Lauren Artress (Riverhead Trail, revised edition 2006) This classic introduces readers to the power of the labyrinth as well as its historical origins and practice.

All Ages

Anglican Family Prayer Book by Anne E. Kitch (Morehouse Publishing, 2003) Prayers for people, special occasions in a gift-sized volume. Many traditional prayers and some new. (Ages 3-adult)

Coloring Mandalas: For Insight, Healing and Self-Expression by Susanne F. Fincher (Shambhala, 2000) An introduction to mandalas in art, culture, and spirituality with 48 original designs to color.

Mandala: Journey to the Center by Bailey Cunningham (DK, 2002) In the style of DK, this book is packed with information about mandalas including images in art, architecture and nature.

Table Blessings: Mealtime Prayers Throughout the Year by Brother Victor-Antoine d'Avila-Latourrette (Ave Maria Press, 1993) Benedictine monk Brother Victor-Antoine provides table



blessings for every season and saint's day of the year. Beautiful woodcuts are scattered throughout the pages.

Unceasing Prayer: A Beginner's Guide by Debra Farrington (Paraclete Press, 2002) Invite God to every part of your life with verses from the Bible that Debra Farrington offers as prayers. Included prayers for brushing your teeth, washing your hands, and even changing a light bulb.

Crafts and Prayer

Pages of Faith: The Art of Spiritual Scrapbooking by Sharon Sheridan. (Morehouse, 2007)

Bead One, Pray Two: A Guide to Making and Using Prayer Beads by Kimberly Winston. (Morehouse, 2008)

Mailbox Ministry: Greeting Cards that Share Faith by Sue Banker. (Morehouse, 2009)

Knitting Into the Mystery: A Guide to the Shawl-Knitting Ministry by Susan S. Jorgensen and Susan S. Izard (Morehouse, 2003)

Prayer Items to Buy

ispiritual.com This website offers a variety of labyrinths. You can buy a set of 7 of washable and sturdy plastic finger labyrinths for children in seven different colors. Look under "finger labyrinths".

www.vibrantfaith.org Vibrant Faith Ministries (aka Youth and Family Institute) offers a variety of objects to encourage prayer. My favorite is the blessing bowl.