Digital Resources for Spiritual Growth

Apps:

- Bible Project
- Hallow
- Pray as you go
- Calm
- Headspace
- Divine Office
- Give us this day
- iBreviary
- iMissal
- Read scripture
- Streetlights
- Reimagining the Examen
- Ritual
- WeCroak

Podcasts:

- *On Being with Krista Tippet*
- *The Bible in a Year with Fr. Mike Schmitz*
- *The Examen with Fr. James Martin, SJ*
- *Jesuitical*
- *BibleProject Podcast* (and their website and YouTube channel)
- *Another Name For Every Thing with Richard Rohr*
- *Homilies by Fr. Richard Rohr, OFM*
- *The Word on Fire Show - Catholic Faith and Culture*
- *Inside the Vatican with America Media*
- *The Word: Scripture Reflections from America Media*
- *Imagine: A Guide to Jesuit Prayer*
- *Minding Scripture* (ND Theology Department)
- *Everyday Holiness* (FaithND)
- *Harry Potter and the Sacred Text*
- *Oprah's SuperSoul Conversations*

- Richard Rohr's Daily Meditations
- *America Magazine* Newsletters
- Cal Newport (specifically, his writings on the deep life and the deep reset)
- ND Daily Gospel Reflection
- Brain Pickings
- The Pause Newsletter from *The On Being Project*

- Use planning apps such as Todoist and Productive to schedule times for prayer and/or spiritual practice
- Use Readwise and Clippings.io to collect and review your notes from books on spirituality

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