

## Resources for Spiritual Formation 2019

### A. Free Prayer Apps for Your Apple or Android Device

1. Take Our Moments and Our Days: An Anabaptist Prayer Book  
Initially a two-volume set only available in print, it's now free via the app on your device.
2. The Upper Room  
Daily devotionals sponsored by the United Methodist Church. Also at [www.upperroom.org](http://www.upperroom.org).
3. Pray As You Go  
A 10-13 minute daily podcast that combines music, scripture and questions for reflection. Also at [www.pray-as-you-go.org](http://www.pray-as-you-go.org). 6 other languages are available via links at [pray-as-you-go.org/about/](http://pray-as-you-go.org/about/).
4. Sacred Space  
Guides you step-by-step through daily prayer, scripture, and personal reflection. Available in 22 languages. Also at [www.sacredspace.ie/](http://www.sacredspace.ie/).
5. Centering Prayer  
If you do centering prayer, this app supports your practice with scripture, sounds, and readings from Thomas Keating. Find the app by Contemplative Outreach.

### B. Websites

1. [Bible Journaling](#)  
This spiritual practice has become popular in recent years.
2. [Using an Illuminated Bible](#)  
A modern take on a prayer practice that began in the Middle Ages.
3. [Writing Scripture by Hand](#)  
Stories of people who've done this are available [here](#) and [here](#).
4. [Praying in Color](#)  
A way of praying with simple art supplies.
5. [Accepting the Embrace of God: The Ancient Art of Lectio Divina](#)  
Lectio divina is a practice combining Bible reading and prayer.
6. [Praying in a Labyrinth](#) (including how to make one)  
Christians have long used labyrinths as a means of prayer and meditation.
7. [Practicing our Faith](#)  
12 practices for a robust spiritual life, sponsored by an ecumenical organization based in Valparaiso, IN. Includes honoring our body, saying yes and no, testimony, household economics, and more.

8. [A 34-Week Online Retreat](#)  
By Creighton University, a Jesuit-related school in Omaha, Nebraska. Available in 8 languages.
9. [Contemplative Outreach](#)  
The main website for centering prayer, a way of praying without words that has transformed the lives of many people.
10. [Renovaré](#)  
Website of the organization founded by Richard Foster that unites contemplative, holiness, charismatic, social justice, evangelical, and incarnational streams of Christian spirituality. Evangelical in orientation.
11. [Christian Classics Ethereal Library](#)  
The largest Internet collection of historical writings from the history of Christian spirituality.

### C. Spiritual Directors

The practice of spiritual direction stretches back to Jesus. Often occurring in one-on-one settings, spiritual direction helps you discern, respond to, and participate in the mission of God. Spiritual directors usually have a Spirit-bestowed gift for this ministry, some kind of formal training, and experience. Fees vary.

1. [Mennonite Spiritual Directors Network](#)  
Includes a link to the most recent list of Mennonite directors.
2. [Seek and Find Guide](#)  
From Spiritual Directors International, an interfaith list of spiritual directors, mostly Christian.

### D. Online Periodicals

1. [Vision: A Journal for Church and Theology](#)  
Published by the Institute of Mennonite Studies at Anabaptist Mennonite Biblical Seminary and by the Centre for Faith and Life at Canadian Mennonite University.
2. [Anabaptist Witness](#)  
A global Anabaptist and Mennonite dialogue on key issues facing the church in mission.

### E. Mennonite Related Camps and Retreat Centers

[Little Eden](#), Onkama, Michigan

[Amigo Centre](#), Sturgis, Michigan

[Camp Friedenswald](#), Cassopolis, Michigan

[The Hermitage](#), Three Rivers, Michigan

[Pathways Retreat](#), Goshen, Indiana

—Dan Schrock,  
Berkey Avenue Mennonite Fellowship, Goshen, IN