

## Prayer and the Digital World

Some people find having a prayer app on their phone really helpful in encouraging them to pray each day but not everyone has the right equipment so some of the ideas below are digital and some are not!

Download a prayer app such as [Lectio 365](#), [Sacred Space](#) or the [LecDeck](#) and use it for a few days.



If you use social media then pray for some of the people you connect with or situations you notice when you're online.



Use a news webpage to focus your prayers for the world - you could use a newspaper to do the same.



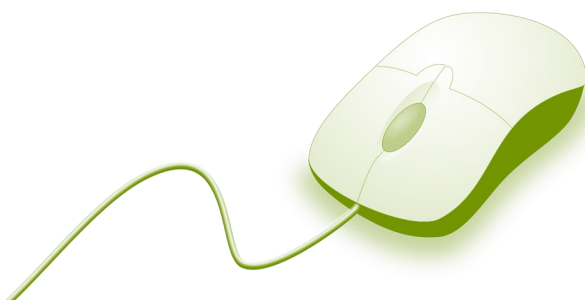
For children and young people, you may like to use something age appropriate e.g. [CBBC Newsround](#) for children or [The Day](#) for teenagers.



Read a story that catches your eye and then take a moment to pray about what you've read. Talk to God about it as you would to the kindest friend you can imagine.



Add a reminder on your phone to pray, or write a note and pin it somewhere. Some apps, such as [Prayermate](#), remind you to pray.



Prayer - Everyone, Everywhere!

#LetsPray



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