

# APPS

Having Apps on your phone or tablet which help you pray can be a great way to build a rhythm of prayer. Below are a few that we'd recommend.



## Daily Prayer App

Follows the Church of England Daily Office and Lectionary Readings. A great app to explore liturgical prayer.



## Lectio 365

Created by 24/7 Prayer this app prays a different Bible passage everyday. Great if you are exploring contemplative prayer.



## Bible in One Year

This app has helped a lot of people read the Bible. You could include the readings as well as Morning Psalm.



## Reimagining the Examen

This prayer is one of our daily practices. This app can be really helpful to get you started or inspire you to keep going.



## Inner Room

Another App by 24/7 Prayer. This app allows you to create prayer lists and prayer alarms on the go.

