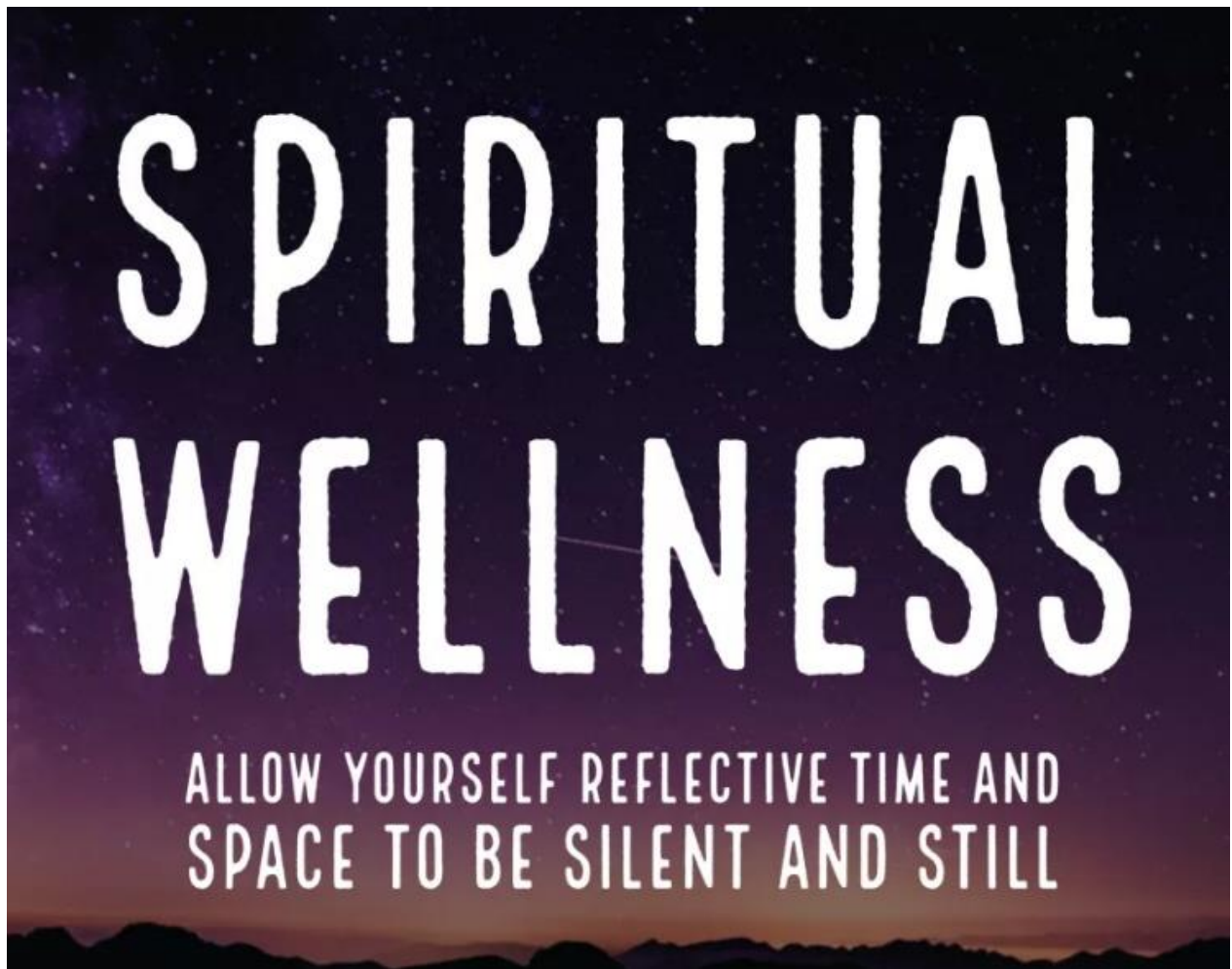




HOW IS YOUR SPIRITUAL WELLBEING?

**WHY NOT CHECK OUT SOME OF THESE RESOURCES
TO HELP YOU WITH YOUR SPIRITUAL WELLBEING.**



APPS FOR THOSE WHO ARE ON THE GO ALL THE TIME



Type of prayer: Meditative, Intercessory

Average length of session: 10 minutes

Cost: Free

Best feature: new content every day breathes fresh life into an ancient way of praying with the Bible

Downsides: Audio version may move too quickly if you want to spend a lot of time in contemplation



Type of prayer: Intercessory

Average session length: Up to you

Cost: Free

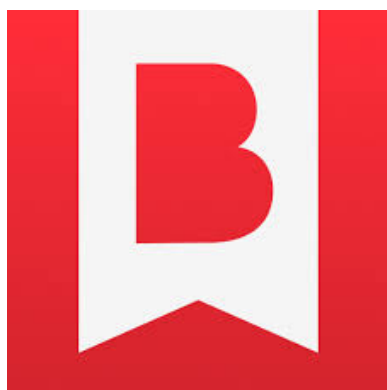
Best feature: Library of scripture promises at your fingertips

Downsides: If you're not a natural list-maker, prefer a bit of spontaneity, and do not possess the spiritual gift of administration, the app might not suit you



This app allows you to daily access Morning, Evening and Night Prayer for yesterday, today and a month ahead and includes Bible readings, psalms, canticles, and seasonal variations.

It allows you to: switch between Contemporary and Traditional formats with one click; find details of Feast Days, Festivals and Commemorations from the Common Worship Calendar; read Bible passages in full (NRSV translation) without the need for a separate Bible app.



The Bible in One Year is a daily Bible reading plan which takes you through the whole Bible in 365 days.

It is ideal for anyone who is looking for an easy and accessible way to read and understand the Bible.

You can follow along by reading the text or listening to the audio commentary and you can choose the version that best suits your lifestyle; the Classic version (25 minutes), or a shorter Express or Youth version (both around 15 minutes).

RADIO STATIONS FOR THOSE WHO LIKE TO LISTEN



If you want a mix between Christian and secular content, then this radio station has the best of both worlds. Its mixed format is for those who would not normally want to listen to a deeply themed Christian radio station. It has good resources online for recent Christians to build and strengthen their faith. Listen via the website or an app which can be downloaded.



This radio station is broadcast in the Northeast of England but is available on DAB radio or its website all over the world. The programmes have Christian values and there is a varied choice with the predominant content being music.



Freeview 725

MW 1305, 1332, 1413

Premier broadcasts online live programmes with news, Christian music, teaching and debates. There is an audience of 140,000+ who listen for more than 12 hours a day



United Christian Broadcasters have been involved in radio broadcasting since 1987. They broadcast nationally to over 53 million people in the UK through DAB digital radio through UCB 1 & UCB 2.

The experienced team of presenters bring a fantastic mix of music, teaching and discussion to anyone interested in exploring Christian faith.

You do not need a DAB radio either as you can download the UCB app on your mobile device or listen via the website.

NEWSPAPERS AND PRAYER PLANS OR THOSE WHO LIKE TO READ

CHURCH TIMES

The Anglican weekly newspaper, independent of the Church of England hierarchy; reports on events and opinions in the church and current affairs.

CHRISTIAN TODAY

An independent, inter-denominational, Christian media company, member of the Evangelical Alliance; includes news, features, and resources.



Online digital edition of a newspaper providing news and views from and for Baptist churches across the UK.



Daily Bread is the Bible reading guide that aims to help you hear from God as you read the Bible. If you've ever asked the question, 'What possible relevance can this verse have for me today?' or 'What difference does this passage make to my life?' then Daily Bread is for you. With a paid subscription, you will receive quarterly issues of Daily Bread.



Find revelation and encouragement through “Every Day with Jesus”, world-renowned Bible reading notes from Waverley Abbey Publications. With bible readings, thoughts, prayers, and actions to take, you as a reader will be enriched in your faith and see its impact in all areas of life. “Every Day with Jesus” is available free digitally for worldwide use and free by post in the UK.

WEBSITES, PODCASTS, VIDEOS, AND PHONE LINES FOR MORE SPECIFIC PRAYER NEEDS



The Daily Office – Morning, Midday and Evening Prayer – is at the core of the life of the Northumbria Community. A regular cycle of daily prayers constitutes the essential rhythm of life around which other activities can take their proper place. In this respect the Community follows the rich tradition of monastic communities through the centuries.

Our lives are usually too full of noise, so this is an opportunity to experience real silence and reflect.



GBC has a website with information about how to access prayer at the church as well as a daily entry on Facebook for either worship or prayer throughout the year



Premier Lifeline aims to be a listening ear at the end of your telephone line, providing a confidential anonymous place for you to talk about whatever you wish without fear of judgement or rejection.

Premier Lifeline: The National Christian Helpline is a confidential telephone helpline offering a listening ear, emotional and spiritual support from a Christian perspective, prayer, and signposting



Be inspired to pray with teaching, talks and encouragements from across the 24-7 Prayer movement.

24-7 Prayer's podcasts and videos have been recorded and filmed over several years, in a variety of locations. Listen to inspirational teaching: from short soundbites to longer video sessions, that will help you focus on Jesus and be equipped in prayer, mission, and justice.