

CESA Prayer Resources



These prayer resources have been curated by CESA to be used and interpreted in light of the principles in the CESA 'Being with God' prayer and liturgy resource

[CESA 'Being with God' prayer and liturgy resource for teachers](#)

a CESA resource for teachers for planning prayer and liturgy

[ACBC - The Church and COVID-19](#)

With scriptural and liturgical resources and diocesan protocols and guidelines throughout Australia

[Archdiocese of Adelaide: Online Mass and prayer services and resources](#)

[A Coronavirus Prayer](#)

America Magazine

[Centering Prayer](#)

Centering Prayer is a receptive method of Christian silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself.

[Coronavirus \(COVID-19\) liturgy and prayer resources](#)

United States Conference of Catholic Bishops

[Digital Prayer](#)

A CESA resource for anyone who wonders about how current smart technology might assist rather than distract us in seeking a deeper relationship with God through prayer.

[EXAMEN FOR LIFE DURING COVID-19](#)

The Examen is a traditional method of prayerful awareness that is a bedrock in Ignatian spirituality and Jesuit education. It's a short, easy way to reflect on your day and become more mindful about where you are experiencing grace or goodness and where there is room in your actions and life for growth. Especially in times of uncertainty and rapid change, taking time to reflect becomes essential.

[Four Powerful Prayers for Peace, From Catholic Priests & Nuns](#)

[Pope Francis' special video to pray for an end to the pandemic #PrayForTheWorld](#)

In a special edition of "The Pope Video", the Holy Father asks us to pray for the sick and the suffering, while thanking all those who, united and regardless of their religious tradition or convictions, pray for those affected.

[Prayer resources](#)

Links to Prayer resources curated by CESA to be used and interpreted in light of the principles in the CESA 'Being with God' prayer and liturgy resource

[Prayer Resources for use during the Coronavirus pandemic](#)

From Irish Catholic Bishops Conference

[Prayer resources from the Archdiocese of St Petersburg
Resources to help you pray at home -Cath News](#)

The Pray at Home page will have new resources each Sunday – and during the Easter Triduum – to invite people to proclaim and reflect on the Scripture of the day, to use the Prayers of Intercession and participate in a Spiritual Communion. The Coronavirus page allows people to read pastoral letters from bishops, advice on what the virus means for Catholics, their parishes and their dioceses, and see what each government is requiring of its people.

[Some prayers that have been supplied by the Liturgy Office of the Bishops' Conference that can be used during a time of 'flu and illness.](#)

Catholic Church Bishops Conference of England and Wales

[World Community for Christian Meditation](#)

Resources and contemplative practices. We can all be part of a shared contemplative response that makes a difference to those around us even if we are physically separated. Social distancing can bring us closer together spiritually. We only need to go deeper. To go deeper we need only to be still. Meditation does both.

[When I'm Social Distancing I Need Christ: Resources to Finding God During the Coronavirus Pandemic](#)

The Jesuit Post have put together a list of resources that could aid your discovering God's presence through virtual communities in a time of social distancing. It's not an exhaustive list, and perhaps these links will lead you to more outlets to engage your faith, to lean in closer to Christ, and to find God in all this mess

[Family Liturgies \(of the Word\) - for use at home. From the Family and Parish Based Catechesis Office of the Archdiocese of Adelaide](#)

Available to families - especially during the COVID-19 period when Sunday Masses are not occurring

[Prayers in a time of coronavirus](#)

Prayer resources prepared by CAFOD

[Blessings](#)

A video reflection on blessings and gratitude by Br. David Steindl-Rast.