

My Top 3 Podcasts and other sources for Spiritual growth:

Bishop Robert Barron - <https://www.wordonfire.org/>

Chris Stefanick - <https://reallifecatholic.com/>

Fr. Mike Schmitz on YouTube

A Free Educational Resource:

Felix Just, S.J., Ph.D. professor website - <https://catholic-resources.org/>

My Prayer apps and such:

iBreviary - <https://www.ibreviary.org/en/>

DivineOffice - <https://divineoffice.org/>

USCCB - <https://www.usccb.org/>

[Formed.org](https://formed.org)

Laudate (App via Apple or Google)

Favorite recent quote: (from Spiritual Director to another)

“There are two people who know you through and through, God and the Devil; I suggest you become the third!”

Learn to Pray Spontaneously:

Jewish Prayer format called Behr-a-Khah

This website explains it all!

<https://catechistsjourney.loyolapress.com/2014/01/how-to-lead-spontaneous-prayer-as-easy-as-ber-a-khah/>