

Pray-as-you-go



Pray-as-you-go is a daily prayer session, designed for use on portable MP3 players, to help you pray whilst travelling to and from work, study, etc.

A new prayer session is produced every day. It is not a 'Thought for the Day', a sermon or a bible-study, but rather a framework for your own prayer.

Lasting between ten and thirteen minutes, it combines music, scripture and some questions for reflection. The aim is to help you to:

- become more aware of God's presence in your life
- listen to and reflect on God's word
- grow in your relationship with God.

It is produced by Jesuit Media Initiatives, with material written by a number of British Jesuits and other experts in the spirituality of St Ignatius of Loyola.

Although the content is different every day, it keeps to the same basic format.



