

Suggest Resource list of Prayer Books

Compiled by the Office for Family Life, Catholic Diocese of Arlington

Beginner:

1. ***Asking God for the Gifts He Wants to Give You*** by **Woodeene Koenig-Bricker**
A book helping the reader to trust that God will answer all of his prayers
2. ***Deep Conversion, Deep Prayer*** By **Fr. Thomas Dubay**
A short, profound book on how to make enormous spiritual progress through prayer and conversion
3. ***Miracle Hour*** by **Linda Schubert**
A simple format guide for a daily hour of prayer
4. ***Praying*** by **Robert Faricy**
An enlightening look at the basics of prayer
5. ***Praying the Jesus Prayer*** by **Frederica Matthewes-Green**
The first in a series of simple books meant to guide the reader through prayers in a short amount of time
6. ***The Practice of the Presence of God*** by **Br. Lawrence**
How to stay mindful of God in everyday life in a simple, yet profound way (This was one of St. Thérèse's favorite books!)
7. ***Time for God*** by **Jacques Philippe**
How to pray deeply, intensely, and spiritually

Intermediate:

1. ***Devoutly I Adore Thee*** by **St. Thomas Aquinas**
Prayers from St. Thomas Aquinas
2. ***Difficulties in Mental Prayer*** by **Fr. Eugene Boylan**
Tips on how to overcome the difficulties with mental prayer
3. ***Fire Within: St. Teresa of Avila, St. John of the Cross and the Gospel on Prayer*** by **Fr. Thomas Dubay**
Fr. Dubay explores the teachings on prayer by St. John of the Cross and St. Teresa of Avila
4. ***Opening to God: A Guide to Prayer*** by **Fr. Thomas Greene**
Fr. Greene draws from his own personal experience as a missionary priest in order to help readers further in their spiritual prayer
5. ***The Prayer of the Presence of God*** by **Dom Augustin Guillerand**
Written by a Carthusian abbot in the last century; Dom Guillerand provides strikingly deep reflections
6. ***True Devotion to Mary: with Preparation for Total Consecration*** by **St. Louis de Montfort**
St. Louis de Montfort reveals a way to grow in holiness through Jesus' mother

Advanced:

1. ***Fire of Mercy, Heart of the Word (Vol. 1, 2, 3) by Erasmo Leiva-Merikakis***
How to cultivate a relationship with Christ through prayer and humility; focusing mainly on the Gospel of Matthew
2. ***Guidelines for Mystical Prayer by Ruth Burrows***
The phases of mystical prayer; focusing on St. Teresa of Avila and St. John of the Cross
3. ***Interior Castle by St. Teresa of Avila***
St. Teresa's insights on how to ultimately reach the Kingdom of God through prayer
4. ***The Way of Perfection by St. Teresa of Avila***
St. Teresa's inspiring advice on how to achieve spiritual perfection through mental prayer

Daily Meditations

Beginner:

1. ***In Conversation with God: Meditations for Each Day of the Year by Francis Fernandez***
A book of daily meditations, focusing on the Mass readings for that day
2. ***Meditations Before Mass by Fr. Romano Guardini***
Help for those who become restless or distracted during Mass
3. ***Roses Among the Thorns by St. Francis De Sales***
St. Francis De Sales includes short teachings for everyday life. He gives sound and spiritual advice on how to overcome the obstacles of life
4. ***The Way, The Furrow, The Forge by St. Josemaria Escriva***
Passages of thoughts and meditations from St. Josemaria in order to live your daily life virtuously

Intermediate:

1. ***A Time of Renewal : Daily Reflections for the Lenten Season by Mother Mary Francis***
Daily reflections that will make your Lenten season more fruitful
2. ***Magnificat***
Devotional readings throughout the year, including the official texts of the daily Mass
3. ***Year of Grace: 365 Reflections for Caregivers by Laraine Bennett***
Spiritual support for caregivers

Advanced:

1. ***Divine Intimacy by Father Gabriel of St. Mary Magdalen***

Fr. Gabriel provides two meditations a day in order to reach an intimate relationship with God

2. ***I believe in Love by St. Thérèse of Lisieux***

St. Thérèse provides a set of meditations for spiritual reading at any time of the day, no matter where you are

Spiritual Growth

Beginner:

1. ***A Call to Joy by Matthew Kelly***

A handbook to living life in a more meaningful way

2. ***A Father Who Keeps His Promises by Scott Hahn***

How to understand God's persistent love for us

3. ***A Guide to Living in the Truth. Saint Benedict's Teaching on Humility by Michael Casey***

The importance of humility in everyday life

4. ***Consoling the Heart of Jesus: A Do-It-Yourself Retreat- Inspired by the Spiritual Exercises of St. Ignatius by Michael E. Gaitley***

Gaitley combines the Spiritual Exercises of St. Ignatius, St. Thérèse of Lisieux, St. Faustina Kowalska, and St. Louis de Montfort

5. ***Dark Night of the Soul by St. John of the Cross***

A Carmelite monk and a 16th century mystic writing about a variety of spiritual topics

6. ***Interior Freedom by Jacques Philippe***

How to find freedom within yourself, even in the most difficult circumstances

7. ***Into Your Hands, Father: Abandoning Ourselves to the God Who Loves Us by Fr. Wilfrid Stinissen***

Fr. Stinissen focuses on the importance of surrendering to the father

8. ***Life of Christ by Fulton J. Sheen***

Sheen describes Christ in historical and contemporary terms, allowing us to see Christ in many different ways and to help broaden our spiritual life

9. ***The Little Way of the Infant Jesus by Caryl Houselander***

Houselander explains why Jesus chose to come the way he did

10. ***Miracles Do Happen: God Can Do the Impossible by Sr. Briege McKenna O.S.C.***

After Sr. McKenna was healed miraculously, she tells the story about her encounter with miracles and gives insights on faith

11. ***The Soul of the Apostolate by Dom Jean-Baptiste Chautard O.C.S.O.***

Dom Chautard illustrates the importance of the interior life

12. ***They Speak by Silences by A Carthusian***

A collection of excerpts from spiritual writings by an anonymous Carthusian monk

13. **The Power of the Sacraments By Sr. Brieget McKenna**

If you have ever taken the sacraments for granted, *The Power of the Sacraments* will lead you to a deeper appreciation for their transforming power. Sr. Briege McKenna's brief exposition of each sacrament and her inspiring stories demonstrating their power in the lives of ordinary people will open you to a greater reliance on the grace of these seven gifts of God.

Intermediate:

1. ***Abandonment to the Divine Providence* by Fr. Jean-Pierre de Caussade**
How to do the will of God to the best of your ability
2. ***All Shall Be Well* by Julian of Norwich**
The revelations of Julian of Norwich, a modern mystic
3. ***The Four Loves* by C S Lewis**
C.S. Lewis provides powerful insight on love-- human and divine
4. ***The Friendship of Christ* by Msgr. Robert Hugh Benson**
Msgr. Benson provides a modern-day guide to befriending Christ
5. ***The Fulfillment of All Desire* by Ralph Martin**
Martin directs those who desire to know and love God more fully
6. ***The Imitation of Christ* by Thomas a Kempis**
A classic spiritual writing and one of the most widely printed.
7. ***No Man an Island* by Thomas Merton**
A reflection on human spirituality
8. ***Self-Abandonment to Divine Providence* by Fr. Jean-Pierre de Caussade**
How to allow yourself to surrender to the will of God
9. ***Soul of the Apostolate* by Dom Jean-Baptiste Chautard O.C.S.O.**
Dom Chautard presents ways to balance your spiritual life with your daily life
9. ***Surprised By Joy* by C.S. Lewis**
C.S. Lewis's account from being an atheist to finding joy
10. ***Spiritual Passages: The Psychology of Spiritual Development* by Benedict J. Groeschel**
Groeschel discusses the stages of spiritual growth
11. ***Theology and Sanity* by Frank Sheed**
Sheed provides practical aspects of the theology of a Christian believer in both simple and logical ways

Advanced:

1. ***Introduction to the Devout Life* by St. Francis De Sales**
St. Francis provides a map for those that are intent on gaining Heaven; he provides goals and advice to navigate a spiritual journey

Eucharist

Beginner:

1. ***Seven Secrets of the Eucharist* by Vinny Flynn**

Flynn's very accessible approach to the beautiful gift our Lord gives to us each Mass

2. ***Basic Book of the Eucharist* by Fr. Lawrence G. Lovasik**
How to receive communion more worthily

Intermediate:

1. ***The Lamb's Supper* by Scott Hahn**
Hahn sheds light on the Mass for a greater appreciation of the celebration
2. ***How to Get More out of Holy Communion* by St. Peter Julian Eymard**
Discover the grace and joy in Holy Communion
3. ***With Burning Hearts: A Meditation for Eucharistic Life* by Henri Nouwen**
A deeper reflection on the gift of the Eucharist and how to *live it* each day; focuses on the "communion" aspect of the sacrament as a giving source for others

Books on Healing:

14. ***Miracles Do Happen: God Can Do the Impossible* by Sr. Briege McKenna O.S.C.**
After Sr. McKenna was healed miraculously, she tells the story about her encounter with miracles and gives insights on faith
15. ***The Prayer that Heals, Praying for Healing in the Family* by Fr. Francis MacNutt**
Fr. MacNutt introduces the idea that all followers of Jesus can become instruments of that healing power.
16. ***Unbound: A practical Guide to the Deliverance of Evil Spirits* by Neal Lozano and Fr. Francis MacNutt**
Many believers struggle with the same sin areas time after time. Yet victory can be as simple as tapping into the potent power of the gospel. By focusing on Jesus and his work, rather than on the intimidating aspects of evil spirits, readers can reset their mindset about their spiritual struggles.
17. ***Healing Prayers for Everyday* by Catholic Book Publishing Co**
This book in the Spiritual Life Series sets forth inspiring prayers for the healing of soul and body

Books on the Rosary:

1. ***Ten Wonders of the Rosary* by Fr. Donald Calloway, MIC**
Called "the New Testament on a string of beads," the Rosary is presented by Mariologist Fr. Donald Calloway, MIC, in all its wonder: leading armies into battle; defeating the enemies of Christ and His

Church; and transforming hearts and minds in order to save societies and entire civilizations.

2. *Rosary Gems: Daily Wisdom on the Holy Rosary* by Fr. Donald Calloway, MIC

Inspired by his own love for the rosary and the saints, Fr. Calloway has gathered and arranged into one book the largest collection of quotes on the rosary to ever appear in print. The quotes in *Rosary Gems: Daily Wisdom on the Holy Rosary* have been selected from the writings of popes, saints, blessed, and the many venerables of the Church. This is the perfect book to help you rediscover the power and wisdom of the holy rosary!

3. *Marian Gems: Daily Wisdom on Our Lady* by Fr. Donald Calloway, MIC

In *Marian Gems: Daily Wisdom on Our Lady*, Fr. Donald Calloway, MIC, shares quotes on Mary that he began collecting when he was a seminarian. He includes a gem for each day of the year, drawn from the writings of the Popes, Saints, Blessed, and Venerables.

4. *Champion of the Rosary: The History and Heroes of a Spiritual Weapon* by Fr. Donald Calloway, MIC

Tells the powerful story of the history of the rosary and its champions. The rosary is a spiritual sword, containing the saving mysteries of the God-Man. It has the power to conquer sin, defeat evil, and bring about peace.