

## Spending time with God: some helpful resources

### TV and Radio programmes

#### Television programmes

- Songs of Praise Sundays at 1.15pm on BBC 1

#### Radio programmes

- Prayer for the Day daily at 5.43am on Radio 4
- Sunday Worship Sundays at 8.10am on Radio 4
- Daily Service Monday to Friday at 9.45am on Radio 4 Longwave and DAB
- Choral evensong- Wednesdays at 3.30pm and the same service is repeated Sundays at 3pm on
- There are also 2 Christian radio stations: Premier and UCB available on DAB

#### Worship

- Materials for worshipping together while apart at St John's are on our website for Sundays and Wednesdays.
- Prayer Meetings on Mondays and Saturdays are continuing. Why not join us? Speak to Peter Hyatt or Rebecca to find out more.
- Don't forget to listen to your favourite worship music!
- The Psalms are particularly helpful in these times of mixed emotions as they contain every emotion experienced by people. Why not slowly read a psalm each day?

#### Daily Devotionals (free apps or emails)

- Word Live: a Bible study into your in box each day. Used by many at Sunnyside, you can choose the depth of study that works for you. Sign up at Scripture Union. [Click here](#) to find out more.
- Lectio 365: a short but powerful daily reflection from Pete Greig and the 24/7 prayer team. [Click here](#) to find out more about this app.
- Bible in one year: a great way to read the whole Bible with commentary from Nicky and Pippa Gumbel from HTB. [Click here](#) to find out more.
- Daily Prayer: follow Morning and Evening prayer with this app from the Church of England which includes the readings for the day from the Lectionary. This is a free app. [Click here](#) to find out more.
- Or Time to Pray: a shorter version of prayers through the day from the Church of England. [Click here](#) to find out more.
- The Lord's Prayer: take a journey through the Lord's Prayer over 40 days with this app that contains daily reflections based on the Pilgrim study guide (the Bourne End house group used this guide and found it very helpful!). [Click here](#) to find out more.

#### Bible Course

Lots of us have just done The Bible Course at Sunnyside and found it a really helpful overview of the Bible, useful for those who are not very familiar with the Bible and those who are experts. The videos and manuals are currently available free on from the Bible Society. [Click here](#) to find out more.

**Do speak to Rebecca if you would like help in finding something that will help you.**

**If you have a resource that you find really helpful, why not let Rebecca know and she will add it to this list.**