



## HEAR

### Pray As You Go

“Mrs. Darling first heard of Peter when she was tidying up her children's minds. It is the nightly custom of every good mother after her children are asleep to rummage in their minds and put things straight for next morning, repacking into their proper places the many articles that have wandered during the day. If you could keep awake (but of course you can't) you would see your own mother doing this, and you would find it very interesting to watch her. It is quite like tidying up drawers. You would see her on her knees, I expect, lingering humorously over some of your contents, wondering where on earth you had picked this thing up, making discoveries sweet and not so sweet, pressing this to her cheek as if it were as nice as a kitten, and hurriedly stowing that out of sight. When you wake in the morning, the naughtiness and evil passions with which you went to bed have been folded up small and placed at the bottom of your mind and on the top, beautifully aired, are spread out your prettier thoughts, ready for you to put on.” *Peter Pan* by J.M. Barrie

**How do you tidy up your mind? It could be good to come up with a plan for mental hygiene. Try adding the Pray As You Go App to your plan.**

**Pray:** All-Powerful God, Give me patience with technology and supernatural skills for downloading and using this app. Open my ears so I can listen to, and really hear, your words. Teach me to listen and tidy up my mind Lord. With the Spirits' help, Amen.

#### **Read:**

*“Hear this, you foolish and senseless people, who have eyes but do not see, who have ears but do not hear: Should you not fear me?’ declares the Lord. ‘Should you not tremble in my presence? I made the sand a boundary for the sea, an everlasting barrier it cannot cross. The waves may roll, but they cannot prevail; they may roar, but they cannot cross it. But these people have stubborn and rebellious hearts; they have turned aside and gone away. They do not say to themselves, ‘Let us fear the Lord our God, who gives autumn and spring rains in season, who assures us of the regular weeks of harvest.’ Your wrongdoings have kept these away; your sins have deprived you of good.”*  
Jeremiah 5:21-25

#### **Activity:**



Listen to “Today’s Prayer” on the Pray As You Go app. It is a 15 minute guided devotion. When you listen put on a sleep mask; or, look at the potted plant on the table. (Sometimes we need to tell our eyes what to do so they don’t distract our ears with things they see happening around us.) If you are already familiar with “Today’s Prayer” you may like to try the Examen; or, explore the other prayer tools included in this app.

Download the Pray as You Go app to your phone or iPod now. Put in your ear buds and enjoy.

Or, listen to the PAYG app on the provided device and headphones in the box on the table. Please return everything to the box and replace the lid when you are finished.