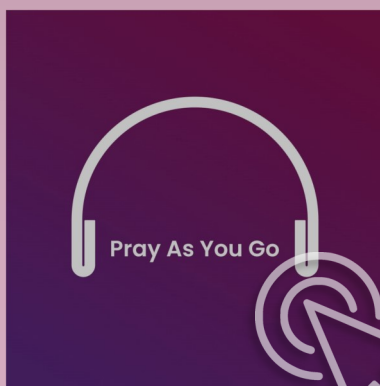




2024: YEAR OF PRAYER www.iubilaeum2025.va

After the year devoted to reflecting on the documents and studying the fruits of the Second Vatican Council, Pope Francis has proposed that 2024 should be marked as a year dedicated to prayer. In preparation for the Jubilee, dioceses are invited to promote initiatives to remind people of the centrality of both individual prayer and community prayer. One idea might be for “pilgrimages of prayer” to be organized at a diocesan level — these would be effectively courses or ‘schools of prayer’ with monthly or weekly meetings, presided over by the local bishops, but open to the entire People of God. In addition, to help mark this year more fruitfully, the Dicastery for Evangelization will publish a series of “Prayer Notebooks”, with material taken from the many forms of prayer to be found in the rich Catholic tradition.



Pray As You Go is a daily audio prayer app and website that helps you to encounter God wherever you are. It was created in 2006 by the Jesuits in the United Kingdom. The app is designed to help you pray whenever you find the time, but particularly while travelling to and from work or study. A new prayer session is produced every day of the working week and one session for the weekend.

The style of prayer used in *Pray As You Go* is based on the spirituality of St Ignatius of Loyola and is written and produced by Jesuits and other experts. Although the content is different every day, it keeps the same basic format. Lasting less than 15 minutes, it combines music, scripture and some questions for reflection.