

online opportunities for personal spiritual growth and encouragement wherever you are

(updated 9/1/2023 SLC)

Ascension Press Lead a study with a group or start a study on your own. Many other spiritual growth aids available here!

<https://ascensionpress.com>

<https://ascensionpress.com/pages/bible-studies>

Good Catholic Many, many excellent online video series (often 21 short episodes) with pdf documents on a wide variety of topics. Cost effective. Good Catholic is one of several services of The Catholic Company, a wide source for most everything Catholic.

<https://www.goodcatholic.com/>

<https://www.morningoffering.com/> (free sign-up for daily inbox delivery))

<https://www.catholiccompany.com/magazine/>

<https://www.catholiccompany.com/>

St. Paul Center for Biblical Theology FREE online studies and others by subscription with Dr. Scott Hahn and others.

<https://stpaulcenter.com/studies-tools/online-studies/>

The Wild Goose: discovering a deeper relationship with the Holy Spirit

<https://thewildgooseisloose.com/wild-goose-main-page>

FREE (or by donation) Fourteen 25-min. gorgeous online videos for teens and adults. *The mission of The Ministry of The Wild Goose is to invite men and women to an encounter, or a renewed encounter, with Christ who perfectly reveals the love of the Father by the grace of the Holy Spirit...*

<https://wildgoose.tv/categories/category-NVc6JkWc5is>

or [The Wild Goose // 14 Part Series on the Holy Spirit - YouTube](#)

Metanoia: a journey with Christ into conversion

<https://thewildgooseisloose.com/metanoia>

or <https://www.youtube.com/watch?v=4WAhYLVtiAM> (trailer)

METANOIA – and believe in the Gospel. In the Gospel of Mark, the first words of Jesus are an invitation to metanoia, to repent, to change, to be converted.

The series is beautifully filmed on location in the Holy Land, highlighting sacred places such as the Sea of Galilee, the River Jordan, the desert of Temptations, and many of the holy sites in Jerusalem.

Each of the ten episodes explores areas of our life where conversion is so often necessary. Metanoia will examine topics such as who is Jesus, what must we do to inherit eternal life and many other significant matters of faith. With preaching from Fr. Dave as well as personal testimonies from men and women, young and old, religious and lay, their stories will inspire you to seek to encounter Jesus and the new life he is constantly inviting us to.

Metanoia is a production of the Ministry of The Wild Goose and 4PM Media in association with Franciscan University of Steubenville and the Franciscan Friars TOR Province of the Most Sacred Heart of Jesus.

Find God's Peace in Prayer

<https://hallow.com/>

Pray with millions around the world alongside Mark Wahlberg, Jonathan Roumie, Sr. Miriam, Fr. Mike and more on Hallow, the #1 prayer app in the world.

8 Ways to Jump Start Your Prayer Life

<https://matthewsleonard.com/docs/8-Ways-Revised-2021.pdf>

Daily Mass readings from the United States Council of Catholic Bishops

<https://bible.usccb.org/daily-bible-reading>

<https://bible.usccb.org/daily-bible-reading#subscribe>

Daily Reflections from the Diary of Saint Maria Faustina Kowalska

[Divine Mercy Daily | The Divine Mercy Message from the Marians of the](#)

[Immaculate Conception](#)

TheDivineMercy.org/dmdsignup

National Catholic Register

www.ncregister.com

It can be difficult to find a relevant and trustworthy source for Catholic news and information that has the underpinnings of faith and reason. In today's media world, the truth often gets compromised and is presented from someone's opinion, rather than facts. This is what sets EWTN's National Catholic Register apart from all other news organizations... For over 90 years, Catholics have turned to the National Catholic Register for exclusive, Magisterium-faithful, reliable, and timely news. We want to equip you with this excellently researched reporting and news commentary, for FREE!

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<https://www.ncregister.com/feeds/e-newsletter>

additionally recommended resources

<https://www.biblegateway.com/>

<https://www.thedivinemercy.org/>

<https://spiritualdirection.com/>

<https://www.renewalministries.net/>

<https://kdccw.org/theseecretplace>