



Continue Your Journey

These last 31 days have been a journey with Jesus that doesn't need to end. Let them launch you into a new beginning in your daily walk with Jesus.

We invite you to make a commitment to the Lord for how you will continue your journey with him. Write it down. Resolve to keep your commitment. Perhaps share it with someone who will help hold you accountable.

You might consider committing to continue living some of the habits we've established, by:

- Praying daily in the specific place set aside for prayer that has worked for you.
- Praying for at least 1% of your day, about 15 minutes.
 - Consider using a timer so you don't have to watch the clock.
- Praying with Scripture, where you can enter into the Word of God, listening for God's voice and responding from your heart. If you like the structure of our One Percent Audio Guides, and wish to continue it, you can print a copy to follow at [One Percent Prayer Prompts](#)
- At the end of each prayer time, committing to a specific action to live out your prayer.
- Committing to a specific plan for the content of your prayer times. Here are a few ideas:
 - Pray with the gospel from each day's [Daily Mass Readings](#).
 - Choose a gospel or other book of the Bible and work your way through it one story at a time, we recommend the [Gospel of Mark](#) or the [Psalms](#) as a good place to start.
 - Use our [1% Prayer Prompts for Use with Any Scripture](#) general audio guide. You will need to read your own scripture passage to use this Audio Guide.
- Inviting a friend to do 30 days of One Percent Prayer with you. Start over with them on [Day 1](#), and discuss what God is doing in your lives through this simple daily commitment of prayer and action.
- Continuing to use the [Post-Game Review Card](#) or [Audio Guide](#) to review each day with Jesus
- If you like the format of a daily audio guide, there are two free audio prayer resources that some past participants of One Percent Prayer have told us they enjoy.¹
 - [Hallow App](#) - This Catholic prayer app for your phone or tablet offers a daily audio guide for lectio divina "conversation with God" based on the daily Gospel reading. You can access this daily audio guide with the free version of the App. That is, you do not need to pay for a subscription to access the audio guide. Simply download the Free version.
 - [Pray as You Go](#) - This web-based audio guide is based on one of the daily Mass readings six days/week, and can be used from any device with internet access.

¹ This is not an endorsement, we're simply sharing what other One Percent Prayer participants have shared with us.