



The Simplest Prayer: A Book of Love and Faith

The Irish Franciscans

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People are searching for a sense of comfort and meaning in their lives, but sometimes we don't know how to pray or where to begin.

In *The Simplest Prayer*, the Irish Franciscans show us how to achieve a sense of calm and peace by incorporating prayer into our lives in the simplest way and with the simplest prayer - to Jesus, and, in doing so, show us how we can open our lives to acceptance, love, happiness and inner peace.

Based on a website created by the Poor Clares and the Irish Franciscans for the Year of the Holy Name of Jesus, the book will include reflections and thoughts from the Irish Franciscans on Jesus' words and how they can relate to us in our daily lives, along with scripture quotations for use in times of loss, grief, gratitude, happiness, self-doubt and depression, and practical advice on meditation and mindfulness. *The Simplest Prayer* will show us how, by introducing moments of calm into our everyday lives, we can achieve a sense of happiness and peace.



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