

Deepening Your Prayer Routine Using Hallow

Headline: In a world full of noise and distraction, are you intentionally creating space each day to hear the voice of God? Many men struggle developing a prayer routine not because they lack desire, but because they lack structure. Technology is often viewed as a distraction from prayer, yet tools such as the Hallow app (or other prayer resources), can help establish a rhythm of prayer through guided meditations, Scripture reflections, the Rosary, Divine Mercy Chaplet, Lectio Divina, and daily reflections and challenges.

Objective: Prayer is not simply another item on a spiritual checklist, it is a living relationship with God. As Catholic men, husbands, and fathers, we often find ourselves overwhelmed by responsibilities, schedules, work demands, and family obligations. While these are noble pursuits, they can unintentionally crowd out the most important relationship in our lives. If we are not regularly connecting with God, our families often receive only our stress, fatigue, and distractions rather than the fruits of the Holy Spirit.

The goal is not to become dependent on an app, but to use it as a guide that helps us develop the habit of daily conversation with God. Just as a coach helps an athlete train, an app can help us build spiritual discipline until prayer becomes as natural as breathing.

This session invites us to examine our current prayer habits, identify barriers to consistency, and develop a sustainable routine that helps us hear God's voice more clearly, lead our families more faithfully, and grow in holiness.

Song Suggestion: The Summons (Red 687) or Come Holy Ghost (Red 472)

Bible and Catechism Readings:

Mark 1:35

In the morning, while it was still very dark, Jesus got up and went out to a deserted place, and there he prayed.

1 Thessalonians 5:16-18

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Catechism 2725

Prayer is both a gift of grace and a determined response on our part. It always presupposes effort.

Saint: St. Francis de Sales - taught that holiness is not reserved for monks and priests but is attainable in everyday life. He encouraged ordinary people—including fathers, workers, and professionals—to establish practical habits of prayer amidst busy schedules. His wisdom reminds us that consistency, not perfection, is the foundation of a mature spiritual life.

Quote: "Every one of us needs half an hour of prayer each day, except when we are busy—then we need an hour."

Vignette: Austin begins every day by checking emails before his feet hit the floor. By the time breakfast is over, his mind is already racing with work deadlines, family obligations, and financial concerns. Although he attends Mass regularly and considers faith important, his prayer life has become sporadic. He has considered reading the Bible every day but is concerned that it will be too hard and that he won't understand what he is reading.

A friend from Father's Team challenges him to try a simple commitment: ten minutes of prayer each morning using Hallow before doing anything else. Skeptical but willing, Austin starts a daily routine with the Gospel reflection and a short meditation.

The first week feels awkward. His mind wanders constantly. By the second week, he notices he is less reactive with his children and more patient with his wife. A month later, he realizes the greatest change is not that he has become "better at prayer", but that he is becoming more aware of God's presence throughout the day. While browsing in Hallow, he even discovers "*Bible in a Year*" hosted by Fr. Mike Schmitz, and realizes that reading the Bible every day isn't even that hard after all.

The app didn't transform Austin. Consistent prayer did. Hallow simply helped him create the space where God could work.

Questions for Large and Small Group Discussion:

1. What currently helps—or prevents—you from maintaining a consistent daily prayer routine?
2. When during your day are you most likely to encounter God without distraction? How can you better protect that time?
3. Have you ever experienced a season when prayer significantly changed your attitude, relationships, or decision-making? What happened?
4. How might a stronger prayer life help you become a better husband, father, friend, or leader?
5. Do you think using Hallow or another prayer App could be useful in your prayer life?

Resources:

1. Hallow App (Bible readings, daily prayers, daily reflections, Rosaries, podcasts, saints, meditation, challenges and much more)
2. *Introduction to the Devout Life* by St. Francis de Sales
3. *Catechism of the Catholic Church*, Part Four: Christian Prayer
4. Daily Mass Readings from the United States Conference of Catholic Bishops

Action Plan:

1. Commit to a daily prayer appointment with God for the next 30 days.
2. Choose a consistent time and place for prayer.
3. If needed, use Hallow (or another Catholic prayer resource) to help you establish a prayer routine.
4. Begin with a realistic goal of 10–15 minutes daily.
5. Add one new devotion during the month (Rosary, Divine Mercy Chaplet, Lectio Divina, or an Examen).
6. Share your commitment with another Father's Team member for accountability.
7. At the end of 30 days, evaluate what has changed in your relationship with God, your family, and yourself.

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