Blog
Religious Life



(Unsplash/Sincerely Media)

by A Nun's Life Ministry

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In the clip below, a listener asks:

> I think of sisters as, among other things, prayer professionals. I find that prayer is not coming naturally to me. When I sit quietly and reflect, my mind wanders every which way. …
>
> When sisters sit in church and contemplation, what strategies do they use to keep themselves focused and on task?

Click here to listen to the full podcast where this clip is from.

GSR shares clips from our friends at A Nun's Life Ministry. Check out full episodes of all their podcasts (Ask Sister, In Good Faith, Random Nun Clips and more, like the archived Motherhouse Road Trips) on their website, ANunsLife.org.

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