

JOCELYNE'S RESOURCE-OF-THE-MONTH: July 2019

Resource: The Discerning Hearts Application for Android, iPhone and iPad devices

Link → <https://www.discerninghearts.com/catholic-podcasts/discerning-hearts-for-android-iphone-and-ipad-devices/>

A Resource to Enrich Your Summer

I'm a bit of a Catholic resource geek. I just love finding free and faithful Catholic resources that I can learn from and share... makes sense given that that's what we do at FreeTruth.ca! Anyway, I've been delighted to become aware of some really great new resources lately (new to me anyway).

I had a hard time choosing which one to highlight for my Resource-of-the-Summer, but I wanted to make sure to choose a resource that has lots of content to carry you through the summer. My Resource-of-the-Summer certainly meets this criterion. I'm so excited to share it with you!

So without further ado, here it is! Drumroll please...

It's the Discerning Hearts app, which is available for Android, iPhone and iPad devices!

I have highlighted a series of podcasts [on the "Spiritual Exercises" of Saint Ignatius of Loyola by Discerning Hearts](#) in the past. However, I have been listening to more of their podcasts recently, and I am really loving them as well! The Discerning Hearts app neatly and conveniently organizes and presents all of these podcasts for you, and it's completely free, faithful and ON DEMAND. The podcast relies on donations to keep it running, so if you enjoy the app and are able to contribute, this will keep this content free for everyone... which, as you know, is important to us at FreeTruth.ca.

The app also includes novenas and other prayers, scripture studies, reflections, and video podcasts. The content is awesome and presented in interviews with various Catholic experts and theologians. I'm currently listening to the series on the Saint Teresa of Avila's "Way of Perfection," and it is really enriching my study of the book! I'm just loving this app! Did I already say that???

There's plenty of content in this app to keep your mind and heart engaged this summer. Take your headphones with you on your next hike or trip to the beach this summer and soak in the Son as you replenish your Vitamin D. Pun intended. ;)

I pray that you all enjoy a safe and fun-filled summer, and that this time of beautiful weather will also be a time of beautiful spiritual growth! Amen.

If you have any questions or comments, we would love to hear from you. Please [contact us](#) and let us know your thoughts.

Your sister in Christ,

