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What is the best free bible app

Photo Courtesy: Moyo Studio/Stock Daily Life can be stressful. It's easy to get overwhelmed between work, school, family and everything else you have going on. If you're looking for a healthy way to slow down, meditation and mindfulness exercises can help you feel more calm and centered. Check out our roundup of 6 of the best guided meditation and mindfulness apps to help you relax. The Calm app is one of the most popular meditation apps in the world, with over 100 million downloads. It's available on iOS and Google Play, and offers meditation and mindfulness coaching designed to help with a range of problems like anxiety and grief. Calm allows you to customize your plan based on how much you already know about meditation and how fast you want to get up to speed. You can choose different lengths for exercises based on how much time you have. The app also has relaxing music, nature sounds and Sleep Stories, which tell soothing tales to help you drift off to sleep. (If it's sleep-promoting content you're in the market for, check out these sleep and relaxation podcasts, too.) If you want to try the Calm app, there's a 7-day free trial with limited access to the features. After that, there's an annual cost of \$69.99. Headspace is another popular mindfulness app, with over 70 million members worldwide. Per their website, the Headspace app uses science-backed resources and tools to help users "create life-changing habits to support mental health." The app offers guided meditation sessions and lessons to help you learn to be more mindful and to manage stress and anxiety. You can find tools to track your progress and log the time you spend meditating. You can also choose to let the app send you "Mindful Moments" notifications to remind you to take time out from your day. Similar to the Calm app, you can choose different length options for many of the meditations and exercises. You can try Headspace for free in a seven day trial. Memberships cost \$12.99 a month or \$69.99 for the year. Smile on the Inside with Smiling Mind Smiling Mind is an Australian nonprofit that focuses on youth mental health. But people of all ages and from all parts of the world can use their meditation and mindfulness app. And unlike many competitors, the app is 100% free to use. The Smiling Mind app has some unique features, including tailored experiences for different ages from younger kids and teens to adults. Programs and exercises focus on specific topics and ways to apply mindfulness, including eating, exercise and parenting. It asks you to choose a regular time each day for meditation (in the morning, afternoon or evening). Like many other mindfulness apps, it also offers a tool to track your emotions and outlook over time. They even offer a "Thrive Inside" program to help people stay mentally healthy while spending more time at home during the pandemic. Be Mindful on the Go with Buddhify Buddhify says that its central idea is "you don't have to find time for meditation, instead it comes to you." That means meditations can be short and sweet and are framed around whatever you're doing at a particular moment — like walking or taking a quick break at work. Another feature that sets Buddhify apart is the "Give" option. This allows you to send a meditation to a friend or loved one, who can then play the meditation without paying for the app. Buddhify also has 60 meditations for young people that focus on different categories like calming down or growing in wisdom. While other apps come with a high monthly or annual cost, Buddhify has an upfront cost of \$4.99 to download the app. Then you can use the free version or pay a yearly membership of \$30 for additional content. Clear Your Mind with UCLA Mindful The UCLA Mindful Awareness Research Center provides a free app for people just getting into meditation. The UCLA Mindful app provides basic guided meditations in both English and Spanish to teach anyone how to meditate. There are also more specific meditations for people living with serious health conditions. Another great feature of the app is the informational videos that explain the science of mindfulness and demonstrate helpful postures. There are also weekly podcasts with 30-minute meditations from UCLA's Hammer Museum that highlight different life topics. The UCLA Mindful app is available for free on both iOS and Google Play. Give Your Mind a Checkup with the Healthy Minds App The Healthy Minds Program centers on what it call the 4 pillars of training the mind: awareness, connection, insight and purpose. When you start using the app, it takes you through a short evaluation to see how you currently relate to each of these pillars. Then it offers tools and resources to help you improve in all 4 areas. The app provides both seated and active meditation guides, which are helpful if you're at work or getting other tasks done around the house. Currently, the Healthy Minds app is available for free, with no paywalls or subscriptions. It does accept donations to continue the work of the organization. MORE FROM SYMPTOMFIND.COM It's hard to stay centered on God & His Word. That's why the free YouVersion Bible App gives you tools to seek God's heart daily: listen to audio Bibles, create Prayers, study with Friends, explore 2,000+ Bible versions, and much more. Download now!On over 400 million devices around the world, people are reading, listening to, watching, and sharing the free YouVersion Bible App. 2,000+ Bible versions, in 1,300+ languages. Thousands of Reading Plans in 65+ languages. Add your own Prayers, Verse Images, Highlights, Bookmarks, and public or private Notes.Customize your Bible App experience. 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Apr 27, 2022 Verion 9.8.2 Bug fixes and performance improvements It is hard to remember any problems I've had with the app during a prior session, and I submit that the review opportunity should pop up after each use, rather than when someone starts using the app. I think that would help in identifying useful problems, issues and praises for the app. It is somewhat difficult and frustrating to bring up previous notes one has made. I make a lot of notes with scriptures which I need to review and further consider at a later point. But I can't always find them! However, after further use, it's pretty easy. Secondly, it is also difficult to remove a bible study plan that shows up four times under the selected plan list. I think I finally figured it out last night, but we'll see... Thirdly, I do greatly enjoy the app, including the daily Bible verses and the opportunity to create a picture with the verse, or even use one's own photos! That is fun! On the Bible study side, I love the ability to flip from one Bible version to another with great ease, while keeping with the passage you're currently focused on. I use that option the most! It is also easy to find a verse one is looking for, or Bible chapters. I do enjoy and appreciate this app. Thank you for including such useful and creative options. Also, thank you for presenting the option for review and input, which I trust you read and take action on those you can identify as good for the app. Thank you for your time and consideration of the above matters. This app has been life changing for me. It helps me connect with God and the Word. There is a daily scripture and video that helps you apply the scriptures of the day. You can search reading plans based on emotions or topics or anything. You can also search for specific scriptures based on the words you remember and look by book or sang related scripture. You can do reading plans alone, invite others to join you or make it private so no one knows the current plan you are reading. This app has helped many through many chapters in my life and I continue to use it weekly and daily. I searched for reading plans when I lost a job, was preparing for marriage and nor that I have been going through parenthood. I am so grateful for the technology that this app provides for me to see what God's Word says about anything. This app offers the Bible in many languages that continue to grow and many versions of the bible. You can compare a verse with other versions to get a better understanding, make a note about it, share it with others through social media, other apps, email or text. You can make images with a verse or several and share it that way or make an album of photos in your phone with the scriptures you need to focus on at this point in your life. I use the app on my phone and iPad and I am so grateful to the developers for making this amazing app and continue to make it better through th years! Thank you so much! I am at the 161 consecutive week mark of being in this app. I start my day with the verse of the day and thoroughly enjoy the video messages that accompany them each day. The format and question at the end is thought provoking. And many times I have saved the daily prayer in my library so I can come back to it and pray again. I have highlighted text and created a library of verses to help me in specific situations. I like creating my own library of topics this way. I have participated in several Bible plans and a couple of daily challenges. I have enjoyed each one and they have enhanced my bible knowledge and I have grown in faith with each one. It warms my heart and soul knowing that this app is translated into so many languages to unify our world. Because of this app, more people of all nationalities have the opportunity to follow Jesus. The only corrective comment I would ask the developers to consider is to take off the wave of color that fades across the opening of the prayer of the day and carries to the verse of the day as well as the ending prayer. This wave of color is quite distracting. Many times it is a light to dark concept which not only makes the text hard to read, but it just doesn't feel like the Lord. I have felt like the devil is washing the screen. My hope is that this review will be seen by the developers to make this change. Let's stay in the light of God while we enjoy the app. The developer, Life.Church, indicated that the app's privacy practices may include handling of data as described below. For more information, see the developer's privacy policy. The following data may be collected and linked to your identity: Contact Info User Content Search History Identifiers The following data may be collected but it is not linked to your identity: Financial Info Identifiers Usage Data Diagnostics Privacy practices may vary, for example, based on the features you use or your age. Learn More Developer Website App Support Privacy Policy

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