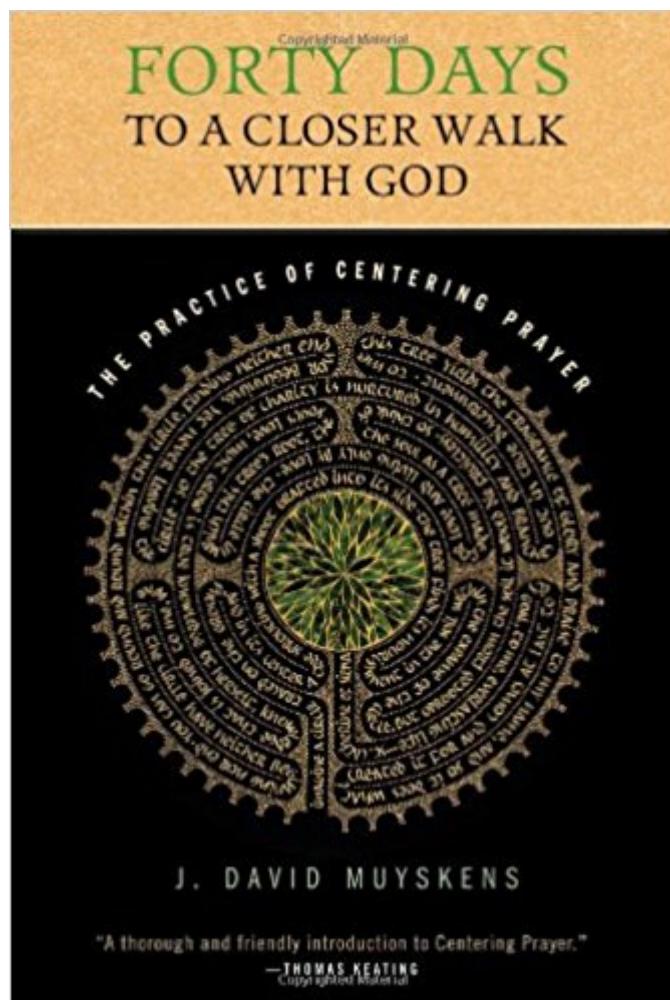


The book was found

Forty Days To A Closer Walk With God: The Practice Of Centering Prayer



Synopsis

Are you trying to do it all yourself? Rev. J. David Muyskens reminds us that what God seeks is relationship with us, a two-way communication. What relationship with God requires is very similar to what our earthly relationships require: openness, listening, focused time. One way to practice the skills needed for this relationship is centering prayer, a simple but deeply powerful prayer practice. In beautiful and accessible language, Muyskens invites us to spend time daily focusing our hearts on God, to find the power to be still and be reoriented to the One who is the Center of all.

Book Information

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Customer Reviews

A thorough and friendly introduction to Centering Prayer [especially for lovers of scripture].

--Thomas Keating

Rev. J. David Muyskens is a retired ordained pastor of the Reformed Church in America. He currently serves as the volunteer coordinator of Contemplative Outreach. He is a graduate of Shalem Institute, a commissioned presenter of the Introductory Centering Prayer Workshop, and has been a spiritual director for fifteen years.

If you have the desire for a deeper walk with God then this book will be a tremendous tool.

Centering Prayer practice changes lives. Prepare to be changed.

If you find it hard to quiet your mind and thoughts while waiting and listening to God, this book is for

you. It teaches you to be silent for 20 minutes to just be in God's presence with a clear mind and an open heart. It is not hokey or mystical at all. It is just learning to enjoy the presence of God before we give thanks, make requests or intercede for others in prayer.

Excellent guide to centering prayer with short daily readings and a prayer practice suggestion for the day. I've used this resource for leading a centering prayer group. It is packed with a lot of information that one will want to reread the daily readings. It is a matter of discipline in prayer that brings forth fruit.

I felt the Lord calling me to try something different. I have always found it very difficult to be still, to sit in silence, to listen to God. So, I decided to give this book a try for Lent since it was geared towards 40 days. Wow! What a powerful instrument to leading us towards a closer walk with God. The author inspires the reader to spend 20 minutes a day in silence. While at first I couldn't do more than a few minutes, gradually the silent time increases. Now, my centering prayer time is the highlight of my day! A must read for anyone challenged to be still in God's presence.

I have decided to wait until after Lent to use this book so I am not certain how easily understood it is but I am quite certain that it will be a very helpful form of study.

Discipline in study has always been hard for me. This book made it easy. A couple pages of inspired reading, a prayer passage, a Bible verse to reflect on....I have treasured this 40 day study and would recommend it for any time of year and for anyone who wants to go deeper in their prayer practice.

One of my favorite training guides for "centering prayer". Useful throughout the year and for most circumstances.

This book is awesome. Very inspirational and good direction for helping one to gain a closer and personal walk with Jesus. Very easy read. Learning the art of centering prayer can be challenging (only because you have to learn to be still and someone like me who's always all over the place..in mind, this is a big challenge) but with practice, can be greatly beneficial.

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