



Sensing God: Learning to Meditate Through Lent (Paperback)

By Laurence Freeman

SPCK Publishing, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. Anyone who wants to save his life will lose it; but anyone who loses his life for my sake will find it (Matthew 16.25). We often associate Lent with giving something up , but it is also a good time to begin or to deepen the practice of meditation. Through this ascetic discipline, we enter into the tradition of the Desert Fathers and, as we learn to nurture the silence within, come to experience joy and well-being in every area of our lives. This book is a practical introduction and guide to Christian meditation as taught by Fr John Main and continued through the World Community for Christian Meditation (WCCM). It contains meditation instructions, guidance and support as well as 46 enriching daily reflections on the Gospels, highlighting an aspect of their meaning and their continued relevance for modern living.



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Reviews

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