



How to be a Mindful Christian: 40 Simple Spiritual Practices

By Sally Welch

CANTERBURY PRESS NORWICH, United Kingdom, 2016. Paperback. Book Condition: New. 198 x 126 mm. Language: English . Brand New Book. This introduction to Christian mindfulness offers a practical guide to mindfulness as a way of Christian living. It brings together the popular practice of mindfulness and the Christian spiritual disciplines such as prayer and contemplation. The result is a pocket spiritual companion that will deepen awareness of the sacred in daily life and of the presence of God moment by moment. Over forty days, examples of mindfulness in the Old and New Testaments are examined, each one accompanied by a practical exercise for incorporating mindfulness into everyday life. Mindfulness is explored through six themes - silence, sound, smell, sight, touch and taste. Also included are Bible passages and exercises for mindfulness for Holy Week and Easter Sunday, enabling us to enter more deeply into the passion that lies at the very heart of our faith, plus a section on conducting a mindful pilgrimage.

DOWNLOAD



READ ONLINE
[8.97 MB]

Reviews

Absolutely one of the better ebook We have ever study. it had been writtern quite completely and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Carol Lehner II**

These types of ebook is the greatest book available. Better then never, though i am quite late in start reading this one. I am just very happy to explain how here is the very best pdf i actually have read through inside my individual daily life and can be he greatest book for ever.

-- **Camryn Runolfsson**