



A Young Man s Guide to The Spiritual Life

By D. EDWARD STRANO

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 223 x 150 mm. Language: English Brand New Book ***** Print on Demand *****.

We are all conscious of the importance exercise plays in keeping a young man healthy. Doctors remind us of this and television exposes us to its importance. Physical exercise and sports are an integral part of the school curriculum. A healthy body means all his parts are functioning smoothly. It can ward off disease, he has a genuine sense of well being, and is, happy to be alive. However, we must also make him aware that he is made up of more than just a body. There are spiritual parts to him as well. There is the intellect where thoughts, ideas, ideals and ambitions originate. There is that part of his spiritual being that has contact with divinity. It is called the soul. A soul too must be exercised in order to maintain health. The exercises for the soul are prayer, the study of theology, receiving the Sacraments, and learning truths about the spiritual life taught by Jesus Christ. I have put together thirty such truths presented in this little book. These are not just lessons to be read...



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