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Creating a Life with God: The Call of Ancient Prayer Practices

By Sobell Department of Motor Neuroscience and Movement Disorders Daniel Wolpert

Upper Room Books, United States, 2003. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book. More than a how-to book, *Creating a Life with God* offers an opportunity to learn and adopt different types of prayer practices. Some of the prayer practices include creativity, journaling, the general practice of solitude and silence, and the Jesus prayer. The first chapter focuses on the Desert Mothers and Fathers to describe the general practices of solitude and silence. The second chapter describes the practice of Lectio Divina (or praying the scripture). The next five chapters describe prayer practices that focus on the use of the mind to come to know God. Chapters 8 and 9 move beyond the mind to use our bodies in prayer. The last three chapters move readers beyond themselves to show their prayerful interaction with the world. Along with these prayer practices are historical figures. Some of these are Julian of Norwich, The Pilgrim (who described the Jesus Prayer), and Ignatius of Loyola. Wolpert offers an appendix with step-by-step instructions for individuals and small groups to practice each from of prayer.


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