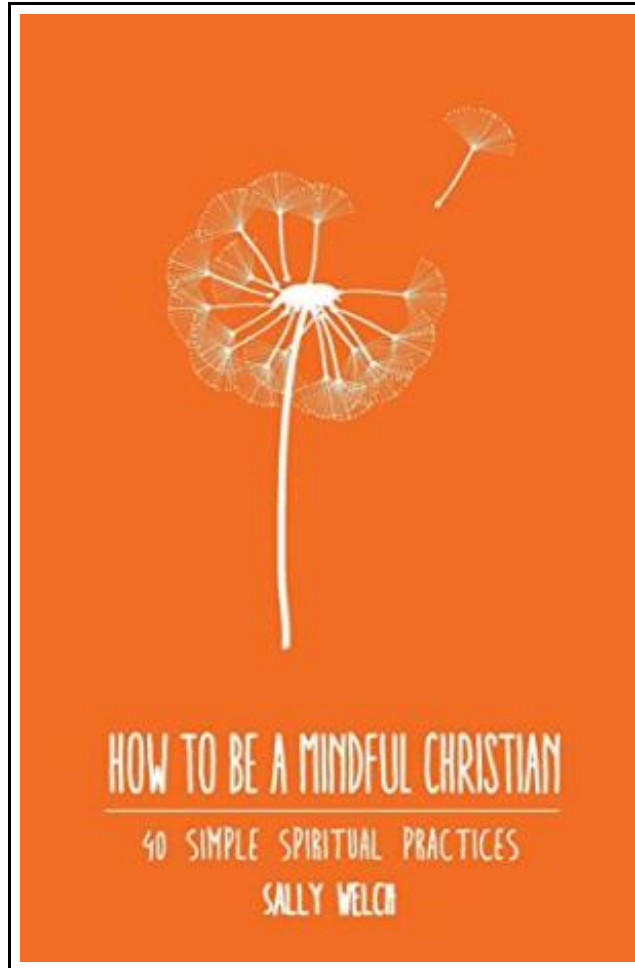


How to be a Mindful Christian: 40 Simple Spiritual Practices



Filesize: 5.46 MB

Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

HOW TO BE A MINDFUL CHRISTIAN: 40 SIMPLE SPIRITUAL PRACTICES



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.



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