



Centering Prayer Renewing an Ancient Christian Prayer Form

By Basil Pennington

Image. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 6.9in. x 4.2in. x 0.7in. The practice of prayer and meditation in modern Western Christianity is rooted in the Eastern tradition of early Church prayer as well as the wisdom of early Church fathers. In *Centering Prayer*, M. Basil Pennington, the author of the highly acclaimed *Daily We Touch Him*, returns to these roots, offering contemporary Christians a new approach to ancient prayer forms. Pennington combines the best of the Eastern spiritual exercises (such as the Jesus Prayer) with a spirituality for today's world. Addressing the obstacles that discourage people from praying well, he explains how to relax for prayer, how to listen to and be directed by the Other, and how to handle the pain and distractions that can stifle attempts to communicate with God. *Centering Prayer* has sold more than a quarter million copies since it was first published in 1982. In this eminently practical book, simple, inspiring instructions will help readers find the comfort and the guidance they seek through prayer. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



READ ONLINE
[6.95 MB]

Reviews

I just started off reading this article publication. This really is for all who stante there had not been a really worth looking at. You will not feel monotony at anytime of your own time (that's what catalogs are for about should you ask me).

-- Prof. Jeremie Kozey

Certainly, this is actually the best job by any article writer. It can be loaded with knowledge and wisdom I realized this pdf from my i and dad advised this book to discover.

-- Ms. Verlie Goyette