



Right Here Right Now: The Practice of Christian Mindfulness (Paperback)

By Amy G Oden

Abingdon Press, 2017. Paperback. Condition: New. Language: English . Brand New Book. Christians have always practiced mindfulness. Yet, from the popular landscape of mindfulness movement, you'd never know that. Where is the Christian voice in this fast-growing movement? Many Christians practice mindfulness outside of church and believe it does not belong to our faith tradition. This book reveals the Christian roots of mindfulness and the actual practices that, when reclaimed, deepen the life of faith and the power of our mission of love in the world. When we understand how radical it is to live in God's presence right here, right now, our lives are transformed toward mercy, justice and abundant life. Amy Oden shows how the practice of Christian mindfulness begins with the teachings of Jesus and continues throughout Christian history. It also includes step-by-step instructions for the practice of Christian mindfulness today. Pastors and leaders will find this book useful on the ground as they curate current culture and guide Christians in spiritual practices. . this is the best introduction to Christian mindfulness I have read. --Shaun Lambert, Senior Minister of Stanmore Baptist Church, United Kingdom Amy Oden knows the history of Christian spirituality as well..



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Reviews

Basically no terms to explain. I have read and so i am certain that i will gonna go through once again once more in the future. I realized this ebook from my dad and i encouraged this book to discover.

-- **Forest Little**

A very awesome publication with perfect and lucid information. It is probably the most awesome book i have read. You may like how the author publish this pdf.

-- **Dr. Celia Howell DVM**