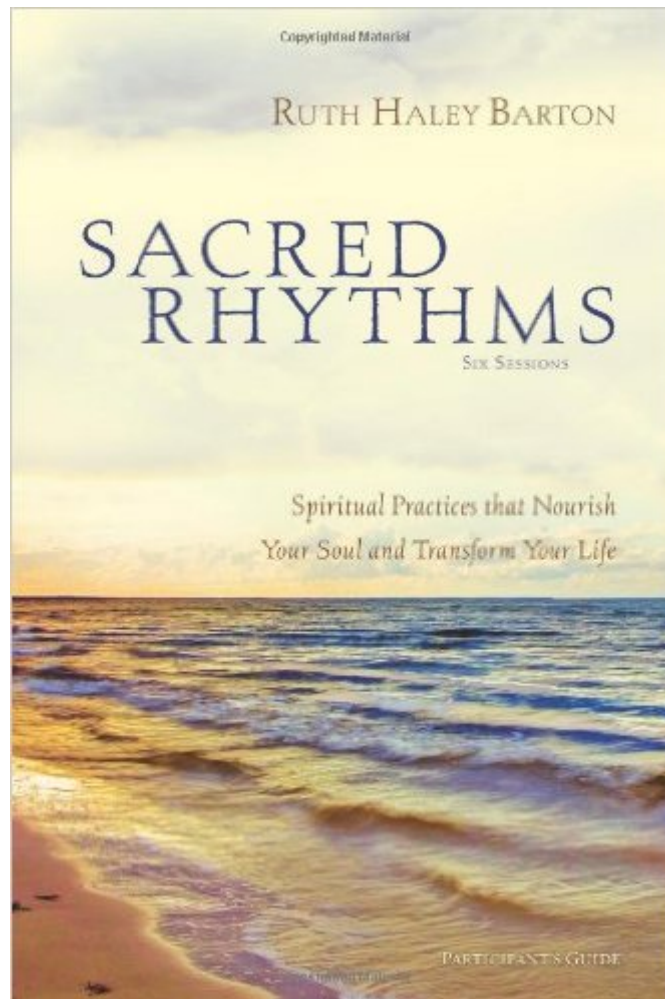


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# Sacred Rhythms Participant's Guide: Spiritual Practices That Nourish Your Soul And Transform Your Life



## Synopsis

Drawing on the imagery of the natural rhythms of the created order, Sacred Rhythms explores the practices that spiritual seekers and growing disciples have used throughout history to grow closer to God. In a similar way, the disciplines of the spiritual life are the basic components of the rhythm of intimacy that feeds the soul, keeping Christians open and available to God's surprising initiative in their lives. In this six session participant's guide, designed for use with the Sacred Rhythms DVD study, Ruth Haley Barton provides guidance for you and your group in a way that links the disciplines of the Christian faith to the most compelling desires of the human soul. Each of the following sessions offers specific practices that allow you to experience each discipline and incorporate it into your life. Sacred Rhythms session titles include: 1. Longing for More 2. Creating Space for God 3. Engaging the Scriptures 4. Flesh and Blood Spirituality 5. Bringing My Whole Self to God 6. A Rule of Life

## Book Information

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## Customer Reviews

We began the Sacred Rhythms journey about 6 months ago with one couple. We have since expanded to 5 couples and are going through it purposefully. I have always been a don't tell me, show me kind of person and Ruth does that expertly. If you are tired of all the "shoulds" in church life and are feeling left behind and exhausted, this is the place to start. Time to refresh and liven up your soul and strip off the heavy burden that religious life sometimes tries to lay on you. If you are yearning to feel God's presence in your life and hear His voice again, go through this - not as a read, but an instruction manual that requires us to practice the rhythms. It will help to free you from

the traps of religiosity and legalism. Back to freedom in Christ!

This book requires videos with it that was not explained when purchased. Without the videos the book is basically useless. I did not see any information telling you where the videos could be purchased or the cost of the videos. I am extremely disappointed with this book and feel very misled.

This book begins, as do many, with an Introduction. The difference from others is that in this book the introduction leads the reader most lovingly into a desire for both community and for the spiritual disciplines. The book then gently invites one to realize our need for more :more change, more spirit, more disciplines, more Christ-likeness. It then provides steps for achieving these needs in a clear and definitive way.

I was disappointed when I got this copy that it is not the complete book, but rather a participant's guide to be used with a teaching cd (requiring an additional purchase). The covers are identical, at least at first glance. The words 'participant's guide' are buried in the sand on the cover photo. I had to make a second purchase of the book, and chose not to return the guide, since shipping costs were equal to half the cost of that item.

This is a fabulous book and video series for growing in understanding of prayer. Ruth gives concrete exercises and good theological reflection on how to increase one's intimacy with God.

This is a great guide to more meaningful meditation and focusing on making important changes in your devotional life. Highly recommend the study and the DVD.

Showed up in two days in perfect shape! Wrapped carefully and protected well and was on my doorstep so quickly after ordering. Ideal for online purchase.

It's just what we two women wanted to explore together. We've only just read one half chapter so I can't review the book. Service from was prompt.

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