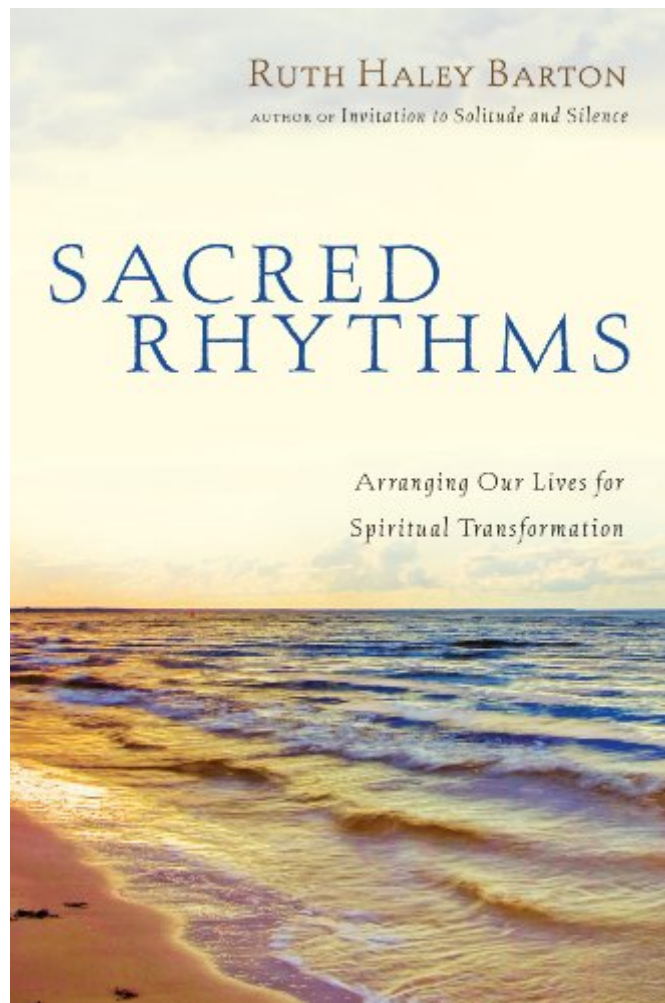




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# **Sacred Rhythms: Arranging Our Lives For Spiritual Transformation (Transforming Resources)**



## Synopsis

Winner of a 2006 Logos Book Award! Do you long for a deep, fundamental change in your life with God? Do you desire a greater intimacy with God? Do you wonder how you might truly live your life as God created you to live it? Spiritual disciplines are activities that open us to God's transforming love and the changes that only God can bring about in our lives. Picking up on the monastic tradition of creating a "rule of life" that allows for regular space for the practice of the spiritual disciplines, this book takes you more deeply into understanding seven key disciplines along with practical ideas for weaving them into everyday life. Each chapter includes exercises to help you begin the practices--individually and in a group context. The final chapter puts it all together in a way that will help you arrange your life for spiritual transformation. The choice to establish your own sacred rhythm is the most important choice you can make with your life.

## Book Information

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## Customer Reviews

This is a great replenishment tool for a weary, exhausted, and busy soul. Barton explains the need

for solitude and time with God in order to feel the sweet assurance of His love, His peace, His protection, and His perfect provisions.

we are doing this as a study on Wed. PM at Grace, UMC in Vidalia, Ga.

I used the book and the DVD in leading a women's study group. It is wonderful and very down to earth. While giving examples of how to change the rhythms of our daily lives so we are more open to God, the author takes into account that we live busy lives. Although the rhythms are best practiced on a regular basis, one is given the freedom to make adjustments as our life circumstances change without feeling guilt. It is one of those transforming books that one is blessed to encounter.

With the very first opening words, I felt Barton had opened my journal and read my thoughts. The first chapter captured the stress and prison of living a traditional evangelical life by describing her own journey. Throughout her description of each event, experience, expectation, and emotion, Barton revealed the cruel reality of not only being a good girl, but also trying to follow the alleged rules of the traditional Christian life. Each successive chapter provided another avenue to engage God in hopeful and spiritually meaningful way. I inhaled hope and exhaled the shackles of self-imposed performance that God never intended. If you're feeling overwhelmed by the false expectations of organized religion, this book is for you.

Excellent as described. I strongly recommended this seller.

I felt this was an excellent spiritual work-book. Ruth Barton is clearly a person with a deep spiritual connection which she conveys skillfully for those who are wanting to deepen their connection with Spirit. I especially appreciated the chapters on Silence and Sabbath. My only reason for giving it less than 5 stars is that it is a more basic, hands-on book than I am drawn to at this time in my spiritual unfoldment.

Excellent book as an intro to spirituality.

I would highly recommend this book for any Christian. There are lots out there on spiritual disciplines, this one presents them very simply.

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