



50 Ways to Pray: Practices from Many Traditions and Times

Teresa A. Blythe

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For individual or group use

“It is my hope that this book will provide at least fifty ways you may take steps in a lifelong walk with God. It is written for you, the seeker and sojourner, as well as you, the church leader, youth minister, retreat facilitator, or worship planner. It is for all of us who thought we only knew one way to pray.”

--from the introduction

The explosion of interest today in Christian mystics, ancient prayer practices, and guided meditations speaks to a need for more hands-on tools that will help us pray in traditional as well as new and exciting ways. This book is intended to address that need.

Each of the exercises includes not only instructions on how to use it as a prayer practice, but also some background, an introduction, a statement of intention, and tips to help you become comfortable with the practice. For those of you wanting to lead these practices in a group, there are special instructions and information in the Leader’s Guide at the end of the book.

“Rich with wisdom drawn from the wellsprings of Western spirituality, this remarkable book is a sustained experience of spiritual direction offered by a seasoned spiritual guide.”

-John S. Mogabgab, editor of *Weavings* journal

"This book does more than point to ways of prayer; it serves as encouragement, guide, and partner for those who want to connect in prayer in ways that move beyond words."

-Doug Pagitt, author of *BodyPrayer* and pastor of Solomon's Porch

“This is a basic, balanced, and accessible guide to the variety, promise, and practice of prayer. *Read* it to deepen your understanding of prayer; *use* it to deepen your life in God.”

-Frederick W. Schmidt, author of *What God Wants for Your Life*

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Teresa A. Blythe is a writer, spiritual director, and frequent conference speaker on topics of popular culture and spirituality. She has co-authored *Meeting God in Virtual Reality* and *Watching What We Watch*, along with numerous essays and reviews for *Beliefnet*, *Spirituality & Health*, and *Publishers Weekly*. Teresa serves as Program Coordinator for the Hesychia School of Spiritual Direction at the Redemptorist Renewal Center in Tucson, AZ.

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Enrique Myers:

Reading can called imagination hangout, why? Because while you are reading a book mainly book entitled 50 Ways to Pray: Practices from Many Traditions and Times your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe mysterious for but surely might be your mind friends. Imaging each word written in a publication then become one type conclusion and explanation in which maybe you never get prior to. The 50 Ways to Pray: Practices from Many Traditions and Times giving you one more experience more than blown away your mind but also giving you useful data for your better life with this era. So now let us demonstrate the relaxing pattern is your body and mind will be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

Mark Copeland:

50 Ways to Pray: Practices from Many Traditions and Times can be one of your beginner books that are good idea. We recommend that straight away because this book has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to place every word into enjoyment arrangement in writing 50 Ways to Pray: Practices from Many Traditions and Times however doesn't forget the main place, giving the reader the hottest and based confirm resource info that maybe you can be considered one of it. This great information can certainly drawn you into completely new stage of crucial pondering.

Gail Kennedy:

Are you kind of active person, only have 10 or even 15 minute in your morning to upgrading your mind ability or thinking skill even analytical thinking? Then you have problem with the book as compared to can satisfy your small amount of time to read it because pretty much everything time you only find reserve that need more time to be study. 50 Ways to Pray: Practices from Many Traditions and Times can be your answer mainly because it can be read by a person who have those short free time problems.

Concepcion Shaw:

This 50 Ways to Pray: Practices from Many Traditions and Times is brand-new way for you who has intense curiosity to look for some information because it relief your hunger info. Getting deeper you onto it getting knowledge more you know or you who still having little digest in reading this 50 Ways to Pray: Practices from Many Traditions and Times can be the light food for you because the information inside this particular book is easy to get simply by anyone. These books acquire itself in the form which can be reachable by anyone, sure I mean in the e-book form. People who think that in book form make them feel drowsy even dizzy this e-book is the answer. So there is absolutely no in reading a e-book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the idea! Just read this e-book

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