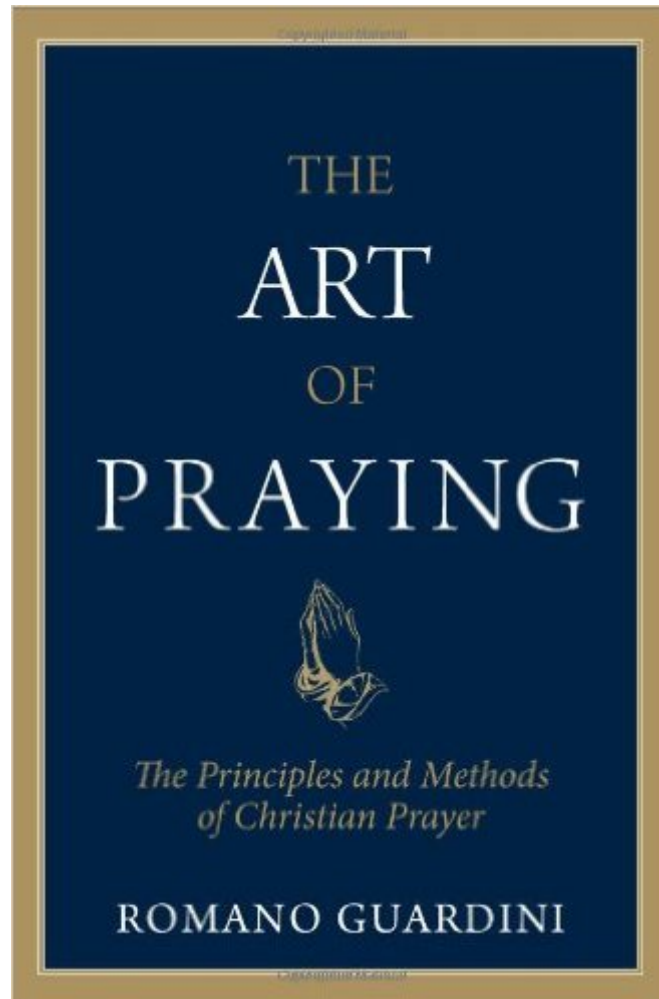


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# The Art Of Praying: The Principles And Methods Of Christian Prayer



## Synopsis

You've matured, but have your prayers? Has your understanding of prayer matured since you learned to pray at your mother's knee? Or, like many of us, do you continue to pray, year after year, as you were taught as a child? If your prayers are difficult or boring, your problem may not be so much failure of will (you do try to pray well) as lack of knowledge about how mature souls pray. Most of us have been doing it so long that we pray automatically without really thinking about it. The good news is that such problems are easily overcome! This remarkable book offers practical ways that you can improve your prayers today and grow closer to God. Learn: How to overcome distractions How to pray when your heart is empty How to avoid monotony The best posture for prayer ... and more!

## Book Information

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## Customer Reviews

This is simply one of the most practical sources for advice on prayer that I have ever found and I will go back to it often. Leaving no stone unturned, Guardini discusses everything from adoration and thanksgiving to intercession and the communion of saints. By using the look inside function to read some sample passages you can see that it is divided into little sections that you can prayerfully read in a few minutes and then chew on all day. I appreciated his emphasis upon "praying the Trinity", as it centers our prayer in Christ by the Spirit to the Father, since it really is the Spirit who prays in and for us to the Father and our whole life is "in Christ". I also found Guardini's lack of romanticism very refreshing. No platitudes about mystical union and the like, but the simple and practical advice that I would expect from my priest: Prayer is real work, you likely won't want to do it often, its purpose is

not to produce an emotional state within you, get over yourself, you are not alone when you say your prayers, your whole life can become living prayer and here is how you can do it. Just right. Very honest. While not really a "how to" book, Guardini's observations feel to me like the description of a beautiful and rugged journey that I am trying to take, but have yet to progress too far in. But with his descriptions, I have a better map of where I am going, how I can get there, what I can expect as I go and where not to go. Other books that I can recommend in regard to prayer and the meaning of life are:

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