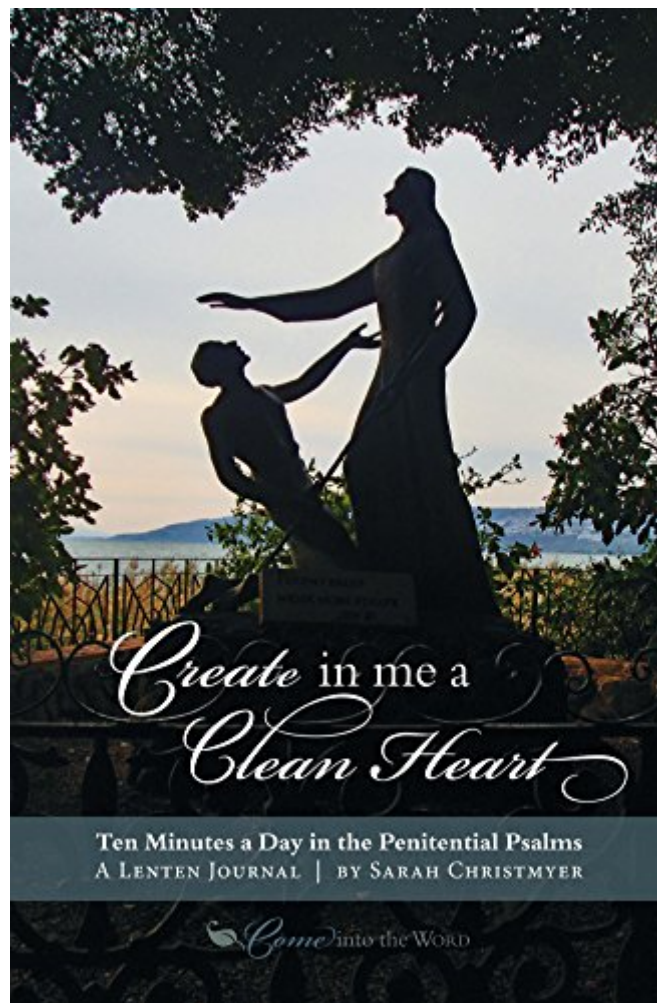




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Create In Me A Clean Heart: Ten Minutes A Day In The Penitential Psalms



Synopsis

Every year, Lent holds out the opportunity for a spiritual "cleanse" – a chance to open your heart and allow the Holy Spirit to shine a light into dark corners, expose sin and pain, and offer them up for forgiveness and healing. One time-honored custom that harnesses the power of God's word to "read" hearts in this way is praying the seven "Penitential Psalms." Sarah Christmyer, Catholic author and co-developer of the popular Great Adventure Catholic Bible Study Program, invites you to set aside ten minutes a day to ponder one of these Psalms each week of Lent. Use this devotional prayer journal and allow the word of God to soak into your heart and move you toward a fresh, new start at Easter. Each chapter includes:- The text of one of the Penitential Psalms - A moving personal reflection from Sarah Christmyer- A step-by-step guide to meditating on the psalm- Space to write what you see and hear and to respond to God A guide to meditating on Scripture using lectio divina is also included. "Ultimately, the word of God is not a book but a person who loves us and longs to connect with us on an intimate spiritual level. Take the opportunity Lent provides to offer up just 1% of your waking hours to get to know God: Take 10-15 minutes a day | get away from it all | open your heart | and listen for his voice."--from the Introduction

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Customer Reviews

I really like reading this book because it is about reading the seven Penitential Psalms during Lent or any time during the year. They express emotion and help turn my heart to God and help me recognize my sin, offer up my sorrow, and ask God for forgiveness. You spend a week on one Psalm 10 minutes day by using the process of Lectio Divina or reading the Psalm reflecting and thinking and observing and meditating on what it says to you, responding by talking to the Lord about what you hear the Psalm is saying to you, and finally resting in God's presence and love. Then you can choose a verse to memorize and meditate on throughout the week. This helps me to set aside some time each day and connect with God through his Word and thanking him and praising him for all of his wonderful blessings.

I have been looking for a book with the Penitential Psalms, and this is perfect! You get the Psalms in full, and a manual for Lectio Divina all in one. Great practical tips for meditation and application to real life. Nicely done! I have the Kindle but will also purchase the paperback.

A wonderful read and especially wonderful during Lent. It gave me a great deal of food for thought, slowed me down during the week's pondering. I would recommend it.

The 10 minutes of each day was basically a repetition of the day before. I would have appreciated more help in my daily prayers and meditation.

I haven't read the entire book, but I really like what I have read.

Great read! Easy to follow!

well worth reading

This book is a great way to start your morning prayers.

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