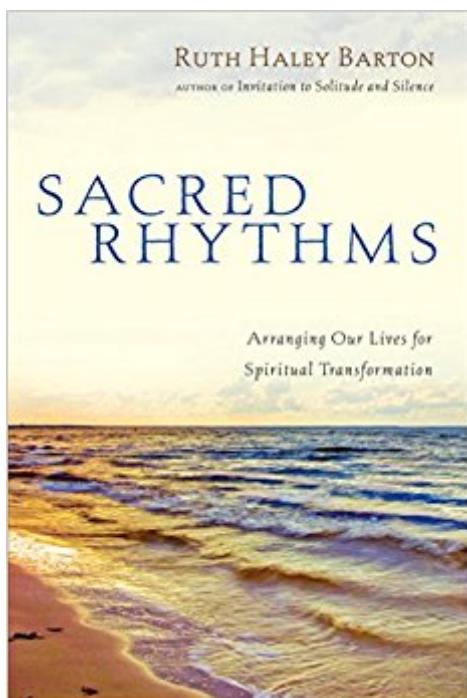


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# Sacred Rhythms: Arranging Our Lives For Spiritual Transformation



## **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**

Christian spiritual disciplines are all the rage, and joining the legions of "how-to" books reintroducing contemporary Christians to ancient practices is this offering by Barton, a spiritual director and retreat leader (*Invitation to Solitude and Silence*). With elegant writing and a personal touch, she covers the basics handily—â•the role of desire and longing in relationship with God, praying with scripture, and the need for solitude, self-examination, discernment and Sabbath. She concludes with an exercise that helps one develop a "rule of life," or commitment to "structure and space for our growing." What makes Barton's handbook different from the rest is her personality; she describes

the practices with the gentle touch of an understanding and knowing mystic, telling her own stories along the way. Barton recounts the time she and her bicycle were run over by a minivan (miraculously, she was not seriously hurt) and as she recuperated, she pondered whether this accident was a time to reconsider her need for Sabbath: "I did not want to acknowledge the possibility that it was that hard for God to get my attention." This book is a wonderful starting point for Christians eager to more deeply explore the life of the Spirit. (Mar. 30) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Blessed is the person who has some voice in her or his life saying what Ruth Haley Barton says. Sacred Rhythms is a book I have treasured." (Trey Turner, The Baptist Standard, June 9, 2008)"[Barton] describes the practices with the gentle touch of an understanding and knowing mystic." (Publishers Weekly, January 29, 2006)"Ruth Haley Barton offers much wise, sane, concrete help for people who are ready for the 'more' of God amidst their busy lives, and want a better way to arrange their lives to receive God's transforming presence. She clearly spells out an excellent rhythm of classical spiritual practices that can keep us open and available to God's transforming actions in and among us. She grounds these practices in our own deepest desires, connecting those desires with God's desire for our well-being. She shares some of her own personal experiences as a sometimes struggling Christian in an honest and inspiring way. She gives very helpful guidelines for using the book within a group of people who are seeking to create better conditions in their lives to receive God's transforming presence. I think this book will be of enormous value to individuals and groups who are seeking to more fully ground all dimensions of their often fragmented and hectic daily lives in the liberating ground of God's transforming presence, with the help of a rhythm of vital spiritual practices that can keep us available to that loving presence." (Tilden Edwards, author of Sabbath Time and Living in the Presence)"Our natural tendency is to push, work longer and strive. In a kind, compelling and beautiful voice Ruth Haley Barton invites us to listen to an inner pulse that can be heard only when we are quiet. The path is one that Ruth has walked with honesty and integrity. The fruit of her labor is a sweet call to know our lives need not be harried or harbor fruitless exhaustion." (Dan B. Allender, Ph.D., professor and former president, Mars Hill Graduate School, and author of The Wounded Heart)"Ruth Barton confirms what you've suspected—there is more to life than what most of us are living. This volume serves as a great primer for helping us get in touch with and follow our longings—call the way to God!" (Reggie McNeal, author of The Present Future and A Work of Heart)"Too many people are suffering with CFS (Christian Fatigue Syndrome). Ruth Haley Barton is herself a CFS

survivor, and she shares here in a warm and personal yet lucid and thoughtful writing style how she has been restored to life's sacred rhythms. My experience mirrors hers, and I will enthusiastically recommend this book widely both as preventative medicine and as needed therapy." (Brian McLaren, speaker and author of *A New Kind of Christian*)

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.

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.

I thought this book would be like all other books on spiritual disciplines; however this book takes a holistic approach to spiritual disciplines, i.e., body and soul. It also takes into consideration that we are all different especially in our personal devotion and it helps the reader to embrace their individuality and tailor their private devotion to their differences.

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