



Sacred Rhythms Participant's Guide: Spiritual Practices that Nourish Your Soul and Transform Your Life

Ruth Haley Barton

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Drawing on the imagery of the natural rhythms of the created order, Sacred Rhythms explores the practices that spiritual seekers and growing disciples have used throughout history to grow closer to God. In a similar way, the disciplines of the spiritual life are the basic components of the rhythm of intimacy that feeds the soul, keeping Christians open and available to God's surprising initiative in their lives. In this six session participant's guide, designed for use with the Sacred Rhythms DVD study, Ruth Haley Barton provides guidance for you and your group in a way that links the disciplines of the Christian faith to the most compelling desires of the human soul. Each of the following sessions offers specific practices that allow you to experience each discipline and incorporate it into your life. Sacred Rhythms session titles include: 1. Longing for More 2. Creating Space for God 3. Engaging the Scriptures 4. Flesh and Blood Spirituality 5. Bringing My Whole Self to God 6. A Rule of Life

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