



Praying With the Body: Bringing the Psalms to Life (Active Prayer Series)

Roy DeLeon

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Pray with more than just your mind—learn how to use your whole self

In this innovative prayer book, readers are invited to do more than read—they are asked to move in prayer by expressing the Psalms with motion. This way of praying helps deepen and broaden a relationship with God. It allows the pray-er to better come to understand God as “Holy One”—and in other timeless expressions of the psalmists.

In *Praying with the Body* readers will find both prayer tools and companionship. Black and white drawings showing the postures and expressions of the body, accompany the scripture texts and explanations by Roy DeLeon. Working together, these elements invite readers to taste, explore, and discover a new and different way of knowing God.

This book is for anyone who wants a more integrated and reconciled approach to prayer. It proposes a way of prayer that, depending on your level of readiness, could influence both our interior and daily life. Its meditations and reflections connect readers to their deepest needs to be with the Beloved, to be reassured of the divine presence in our midst. They address hunger and longing for true happiness, for freedom from fear, and for deep peace.

“The four basic ways of praying –oral, mental, affective, and contemplative—are all contained here.”
—Father Tom Ryan, author of *Prayer of Heart and Body*

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Spent a free the perfect time to be fun activity to complete! A lot of people spent their spare time with their family, or all their friends. Usually they carrying out activity like watching television, going to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book is usually option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the e-book untitled Praying With the Body: Bringing the Psalms to Life (Active Prayer Series) can be good book to read. May be it can be best activity to you.

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