



50 Ways to Pray: Practices from Many Traditions and Times

Teresa A. Blythe

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For individual or group use

“It is my hope that this book will provide at least fifty ways you may take steps in a lifelong walk with God. It is written for you, the seeker and sojourner, as well as you, the church leader, youth minister, retreat facilitator, or worship planner. It is for all of us who thought we only knew one way to pray.”

--from the introduction

The explosion of interest today in Christian mystics, ancient prayer practices, and guided meditations speaks to a need for more hands-on tools that will help us pray in traditional as well as new and exciting ways. This book is intended to address that need.

Each of the exercises includes not only instructions on how to use it as a prayer practice, but also some background, an introduction, a statement of intention, and tips to help you become comfortable with the practice. For those of you wanting to lead these practices in a group, there are special instructions and information in the Leader’s Guide at the end of the book.

“Rich with wisdom drawn from the wellsprings of Western spirituality, this remarkable book is a sustained experience of spiritual direction offered by a seasoned spiritual guide.”

-John S. Mogabgab, editor of *Weavings* journal

"This book does more than point to ways of prayer; it serves as encouragement, guide, and partner for those who want to connect in prayer in ways that move beyond words."

-Doug Pagitt, author of *BodyPrayer* and pastor of Solomon's Porch

“This is a basic, balanced, and accessible guide to the variety, promise, and practice of prayer. *Read* it to deepen your understanding of prayer; *use* it to deepen your life in God.”

-Frederick W. Schmidt, author of *What God Wants for Your Life*

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Table of Contents

Teresa A. Blythe is a writer, spiritual director, and frequent conference speaker on topics of popular culture and spirituality. She has co-authored *Meeting God in Virtual Reality* and *Watching What We Watch*, along with numerous essays and reviews for *Beliefnet*, *Spirituality & Health*, and *Publishers Weekly*. Teresa serves as Program Coordinator for the Hesychia School of Spiritual Direction at the Redemptorist Renewal Center in Tucson, AZ.

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