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Practices That
Transform Us**

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journey. And spiritual disciplines are for all of us who desire to know Christ deeply and be like him.

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want to run and hide, the author shows how desires and discipline work together to lead us to the transformation we're longing for—the transformation only Christ can bring.

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this Handbook is full of practical, accessible guidance that helps you actually do them.

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Handbook

Disciplines Handbook

Adele Calhoun gives you directions for your journey toward intimacy with Christ.

While the word discipline may make you want to run and hide, Calhoun shows how desires and discipline work together to lead you to the transformation you're longing for---the transformation only Christ can bring.

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Adele Ahlberg Calhoun
is a primer on
contemplative
mysticism, bursting
with contemplative
meditation instruction
along with references
and quotes by some of
the movement's most
prolific mystics on the

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Handbook

**"Spiritual Disciplines
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Handbook":**

**Christian
Organizations ...**

Centering Prayer,
Lectio Divina is a
participatory, active
practice that uses
thoughts, images and
insights to enter into a
conversation with God.
Lectio Divina also is
distinguished from
reading the Bible for
edification or

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encouragement, Bible study, and praying the scriptures in common, which are all useful but separate practices.

Spiritual Disciplines Handbook - Tuisblad

This discussion of spiritual practices that have defined Christians over the centuries certainly lives up to its name. Sixty-two spiritual disciplines or practices are explained, grouped in

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seven themes,
including worship,
prayer, sharing life
with others, hearing
God's word and
listening to God's
voice.

Spiritual Disciplines Handbook: Practices That Transform ...

Spiritual disciplines are intentional ways to keep moving through the seasons. They aren't magical means to an effortless race.

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The disciplines simply provide us with exercises that keep us open to God and aware of the limits of our endurance.” — Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook: Practices That Transform Us*

**Spiritual Disciplines
Handbook Quotes by
Adele Ahlberg
Calhoun**

Forgiveness is crucial to inner life health.

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When Jesus teaches his disciples to pray, he names this specific discipline. We have to practice it regularly.” I was very excited to see that Jack Hayford included it his list of spiritual disciplines, what he calls the disciplines of the spirit.

List of Spiritual Disciplines | Growth Practices

The back cover of Adele Ahlberg

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Handbook: Practices That Transform Us, asks potential readers, “Do you desire more of God?” The many and varied spiritual disciplines contained in this collection are all directed toward transforming our deepest yearnings into worship of the Divine.

Spiritual Disciplines Handbook: Practices

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That Transform ...

Adele Ahlberg Calhoun defines this important spiritual practice:

Simplicity cultivates the great art of letting go. Simplicity aims at loosening inordinate attachment to owning and having. Simplicity brings freedom and with it generosity.

**Spiritual Practice of
Simplicity |
Reformed Church in
America**

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Adele Calhoun,

Spiritual Disciplines

Handbook: Spiritual

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Practices That

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That Transform Us .

Spiritual Disciplines are

Spiritual Disciplines are

““nothing but an

nothing but an activity

undertaken to bring us

into more activity

undertaken to bring us

into more

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INTEGRITY

OVERVIEW

Instead of just giving information about spiritual disciplines, this handbook is full of practical, accessible guidance that helps you actually practice them. With over 80,000 copies in print, this well-loved catalog of seventy-five disciplines has been revised throughout and expanded to include thirteen new disciplines

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along with a new
preface by the

author. Mothers,
fathers, plumbers,

nurses, students--we're
all on a journey.

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Christ. While the word discipline may make us want to run and hide, the author shows how desires and discipline work together to lead us to the transformation we're longing for the transformation only Christ can bring.

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