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## Spiritual Retreats: A Guide to Slowing Down to Be with God (Paperback)

By Jean Wise

Healthy Spirituality, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The frantic pace of our noisy world and conflicting demands bombard our souls. We find it hard to hear God in the chaos of our everyday lives. How can we slow down to be with and experience his presence? One faith practice many people of faith follow is going on a spiritual retreat. Spiritual Retreats: A Guide to Slowing Down to be with God is a manual to learn about retreats, the many types and benefits of attending one, how to best prepare your heart before arriving at a retreat center, and how to bring home and apply to our daily life, the lessons learned from our time with God. We often find it easier to live in our comfortable routines, excuses, and fear of the unknowns about a retreat. This book through its practical tips, resources, blessings, stories, and inspiration will motivate the reader to put aside the busyness, clamor, and stresses of life to be with God. -Come with me by yourselves to a quiet place and get some rest.-.



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