

Most Christians want to experience spiritual transformation. But many are frustrated by the limited progress of our spiritual self-improvement efforts. We find our praying burdened by a sense of obligation and failure. But prayer is not merely something we do; prayer is what God does in us. Prayer is not just communication with God; it is communion with God. As we open ourselves to him, God does the spiritual work of transformation in us. Spiritual director David Benner invites us to discover openness to God as the essence of prayer, spirituality and the Christian life. Prayer is far more than saying words to God; all of life can be prayer when offered to God in faith and with openness. Using the four movements of lectio divina, Benner explores prayer as attending, pondering, responding and being. Along the way he opens us to a world of possibilities for communion with God: praying with our senses, with imagination, with music and creativity, in contemplation, in service and much more. Learn how prayer can be a way of living your life. Move beyond words to become not merely someone who prays, but someone whose entire life is prayer in union with God.

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Opening to God has ratings and 29 reviews. Tom LA said: This wonderful book is about the power of prayer. Author is David Benner, he is a professor o.

Most Christians want to experience spiritual transformation. But many are frustrated by the limited progress of our spiritual self-improvement. Review of: Opening To God, Lectio Divina and Life as Prayer by David Benner, It has been a real privilege for me to review David's latest book. This is an. David G. Benner (PhD, York University) is an internationally known depth psychologist, transformational coach and author whose life passion has been helping.

The Paperback of the Opening to God: Lectio Divina and Life as Prayer by David G. Benner at Barnes & Noble. FREE Shipping on \$ or.

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