



Prayer Primer: Igniting a Fire Within

By Fr. Thomas Dubay

Ignatius Press. Paperback. Condition: New. 194 pages. Fr. Thomas Dubay, a renowned teacher and writer on prayer and the spiritual life, presents a simple, profound and practical book on the most important of all human activities, communion with God. Prayer Primer is written for intelligent adults (and teenagers) who want God and a serious prayer life, but it does not presuppose that they need or have a theological background. It does take up many questions rarely answered adequately in the classroom or from the pulpit, often not mentioned at all: Why pray (be ready for some surprises) . . . Why vocal prayer is important and yet should be limited . . . What contemplation is and is not . . . Praying with Scripture . . . Family prayer - even how to introduce children to group meditation . . . Prayer in a busy life . . . Pitfalls and problems - together with solutions . . . Buddhism New Age Centering prayer . . . What should you do when dry and empty and not at all inclined to pray How do you even get started Where and how to begin . . . Assessing progress



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