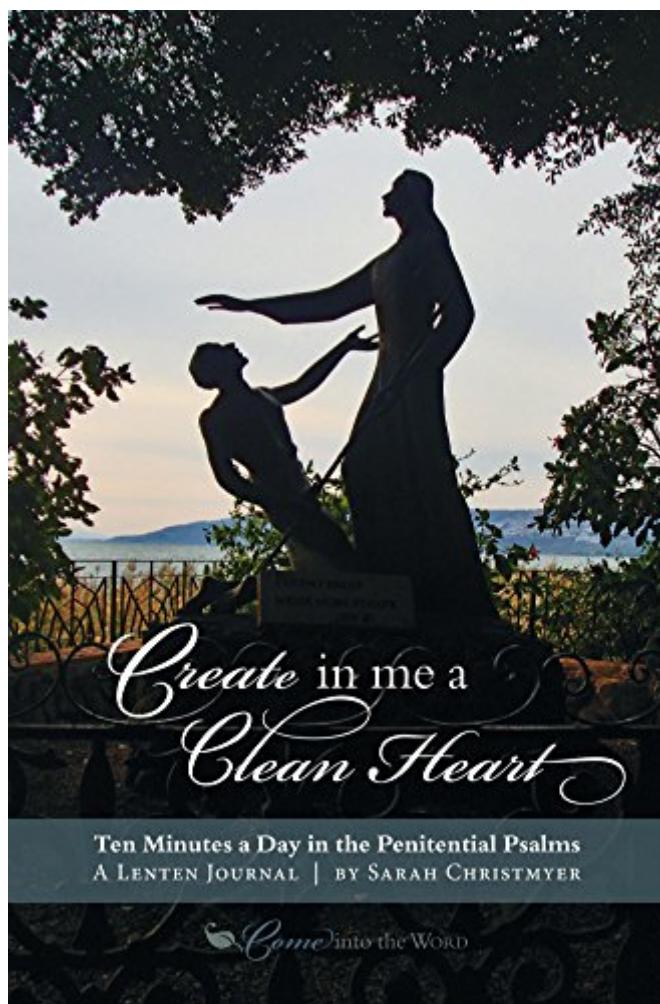


The book was found

# Create In Me A Clean Heart: Ten Minutes A Day In The Penitential Psalms



## **Synopsis**

Every year, Lent holds out the opportunity for a spiritual cleanse—a“cleanse” of a chance to open your heart and allow the Holy Spirit to shine a light into dark corners, expose sin and pain, and offer them up for forgiveness and healing. One time-honored custom that harnesses the power of God’s word to read hearts in this way is praying the seven Penitential Psalms. Sarah Christmyer, Catholic author and co-developer of the popular Great Adventure Catholic Bible Study Program, invites you to set aside ten minutes a day to ponder one of these Psalms each week of Lent. Use this devotional prayer journal and allow the word of God to soak into your heart and move you toward a fresh, new start at Easter. Each chapter includes:- The text of one of the Penitential Psalms - A moving personal reflection from Sarah Christmyer- A step-by-step guide to meditating on the psalm- Space to write what you see and hear and to respond to GodA guide to meditating on Scripture using lectio divina is also included."Ultimately, the word of God is not a book but a person who loves us and longs to connect with us on an intimate spiritual level. Take the opportunity Lent provides to offer up just 1% of your waking hours to get to know God: Take 10-15 minutes a day | get away from it all | open your heart | and listen for his voice."--from the Introduction

## **Book Information**

File Size: 647 KB

Print Length: 122 pages

Publisher: Come Into the Word; 1 edition (January 31, 2016)

Publication Date: January 31, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01BCK9X36

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #150,123 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8

in Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Christian

## Customer Reviews

I really like reading this book because it is about reading the seven Penitential Psalms during Lent or any time during the year. They express emotion and help turn my heart to God and help me recognize my sin, offer up my sorrow, and ask God for forgiveness. You spend a week on one Psalm 10 minutes day by using the process of Lectio Divina or reading the Psalm reflecting and thinking and observing and meditating on what it says to you, responding by talking to the Lord about what you hear the Psalm is saying to you, and finally resting in God's presence and love. Then you can choose a verse to memorize and meditate on throughout the week. This helps me to set aside some time each day and connect with God through his Word and thanking him and praising him for all of his wonderful blessings.

I have been looking for a book with the Penitential Psalms, and this is perfect! You get the Psalms in full, and a manual for Lectio Divina all in one. Great practical tips for meditation and application to real life. Nicely done! I have the Kindle but will also purchase the paperback.

A wonderful read and especially wonderful during Lent. It gave me a great deal of food for thought, slowed me down during the week's pondering. I would recommend it.

The 10 minutes of each day was basically a repetition of the day before. I would have appreciated more help in my daily prayers and meditation.

I haven't read the entire book, but I really like what I have read.

Great read! Easy to follow!

well worth reading

This book is a great way to start your morning prayers.

[Download to continue reading...](#)

Create in Me a Clean Heart: Ten Minutes a Day in the Penitential Psalms Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Psalms from the Heart: A Companion Resource for a 30-Day Walk With God in the Psalms Simply Clean: The Proven Method for Keeping Your Home Organized, Clean, and Beautiful in Just 10 Minutes a Day Repentance at Qumran: The Penitential Framework of Religious Experience in the Dead Sea Scrolls (Emerging Scholars) Master of Penance: Gratian and the Development of Penitential Thought and Law in the Twelfth Century (Studies in Medieval and Early Modern Canon Law) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help You Lose Weight Naturally (Clean Eating Cookbook, Weight Watchers, Sugar Free Detox, Healthy ... Eating Cookbook, Lose Weight Fast, Eat Thin) Wipe Clean: Learning Sight Words: Includes a Wipe-Clean Pen and Flash Cards! (Wipe Clean Learning Books) Wipe Clean: First 100 Words (Enclosed Spiral Binding): Includes Wipe Clean Pen (Wipe Clean Workbooks) Inspire: Psalms: Coloring & Creative Journaling Through the Psalms Psalms and Canticles: Meditations and Catechesis on the Psalms and Canticles of Morning Prayer Create!: How Extraordinary People Live To Create and Create To Live This Grateful Heart: Psalms and Prayers for a New Day Five Good Minutes: 100 Morning Practices to Help You Stay Calm and Focused All Day Long (The Five Good Minutes Series) 15 Minutes to Fit: The Simple 30-Day Guide to Total Fitness, 15 Minutes At A Time Real Life Organizing: Clean and Clutter-Free in 15 Minutes a Day Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, Trader Psychology) The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)