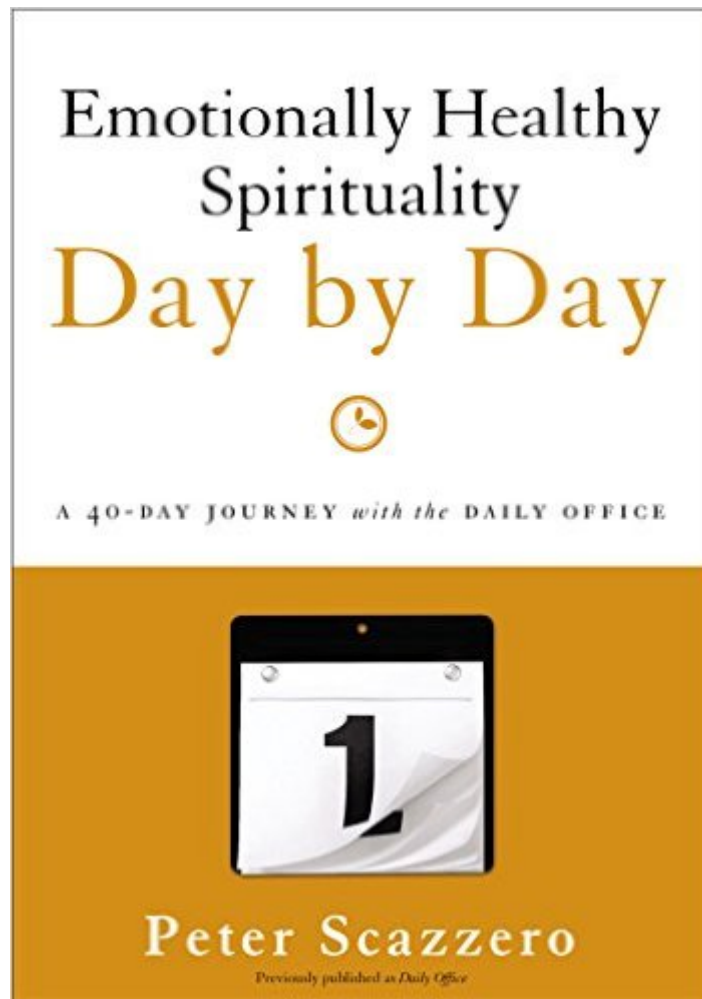


The book was found

# Emotionally Healthy Spirituality Day By Day: A 40-Day Journey With The Daily Office



## Synopsis

In this groundbreaking devotional book, Peter Scazzero introduces the ancient spiritual discipline of the Daily Office. The basic premise of the Daily Office is simple: We need to intentionally stop to be with God more than once a day so that practicing the presence of God becomes real in our lives. Each day offers two Daily Officesâ•Morning/Midday and Midday/Eveningâ•where each pause can last from five to twenty minutes.

## Book Information

Series: Emotionally Healthy Spirituality

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## Customer Reviews

LOVE this devotional...it was first published as "The Daily Office", then "Begin the Journey with the Daily Office." Which obviously confused some folks who had no idea what a "daily office" was. The new title helps! I found this to be especially helpful for me at work to stop a couple times a day and refocus, talk to the Lord, and LISTEN! Each day has two entries, morning/midday, and midday/evening. Each entry suggests you take two minutes of silence first. then there is a short scripture, brief devotional meditation, a question for personal reflection, followed by another two minutes of silence. While this sounds a bit structured, the first moments of silence help you set aside the hurriedness of the day and bring your thoughts "captive". The quick structured content means the whole thing should take no more than 5 minutes--We all are able to stop that short of time during out day. Though, if you have the time, it certainly lends itself well to longer reflection and prayer. The ending silence helps you to spend some time listening. Most will want to follow with prayer, but I like that he asks you to be silently first rather than filling things up with your own

words. Be sure to click the "look inside" button and you can see how this looks in one of the devotional entries. While it is only a 40-day devotional, the entries are such that I think they would hold up well being read again and again.

An excellent tool that has intentionally helped discipline me to still myself before the Lord twice a day. Each reading starts with 2 minutes of quiet time, a scripture reading, devotional, a reflective question, prayer and ends with 2 minutes of quiet. Love this book--- second time through it

Some chapters I like more than others, which is because of where I am in my life. The ones I like, I love, such as; Going Back in order to Go Forward and Journey through the Wall. This is on my best list of devotional books. One I will read over and over. The devotional book is a combination of scripture, works written by others, writings by Peter Scazzero and a brief prayer to end the devotion.

I do not recommend getting this as a kindle book. There is something wrong with the book. You can't scroll through the whole book. When you come to the end of chapters it stops. When you click the links for the chapters, they don't work. When you try to click on the page numbers, it just returns to the page you were on. All my other kindle books work perfectly. There is something wrong with this one that it does not function correctly. I reported the problem and was sent a set of instructions to delete the kindle app and reinstall. I did this. All the other books continued to work perfectly and this one did the same as before. The book itself on kindle has to be defective or something.

It took me longer than 40 days and I'm glad that it did. I appreciated beginning and ending my time in silence and peace; this forced me to confront my issues of frenetic pace and a mind running on its own. In those 4 minutes, God met me and called me to find rest in him. This is a great study for anyone wanting and needing to look deeper into who they are and find the peace that only comes from Christ.

This book is a fabulous way to begin spending intentional time with God each day. It is written with the understanding that emotional health informs spiritual health, and vice versa. This devotional book accompanies the book "Emotionally Healthy Spirituality" and is a good way to work through the concepts discussed in that book. It draws upon the historical understanding of the disciplines of silence and solitude in order to seek God's presence more fully, but is written with a modern

audience in mind. It avoids the traps of legalism, but encourages your walk with God through short Scriptural readings and devotions. The main value for me, though, was just in having a structure to go to that enabled my time with God. I wish it had been longer! But the author gives alternative resources to use when you're done with his book. I'd highly recommend this for anyone who wants to be honest with God and wants to be healthy emotionally as well as spiritually.

Great book. So glad to use this devotional. Great frame work for your life.

This is a perfect devotional for me at the current stage of my spiritual growth. Every morning I wake up and look forward to beginning my day with silence and the entry from this book. It is changing and shaping me slowly but surely into the person I want to be and I believe God wants me to be.

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