



Forty Days to a Closer Walk with God: The Practice of Centering Prayer

J. David Muyskens

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Are you trying to do it all yourself? Rev. J. David Muyskens reminds us that what God seeks is relationship with us, a two-way communication. What relationship with God requires is very similar to what our earthly relationships require: openness, listening, focused time. One way to practice the skills needed for this relationship is centering prayer, a simple but deeply powerful prayer practice. In beautiful and accessible language, Muyskens invites us to spend time daily focusing our hearts on God, to find the power to be still and be reoriented to the One who is the Center of all.

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