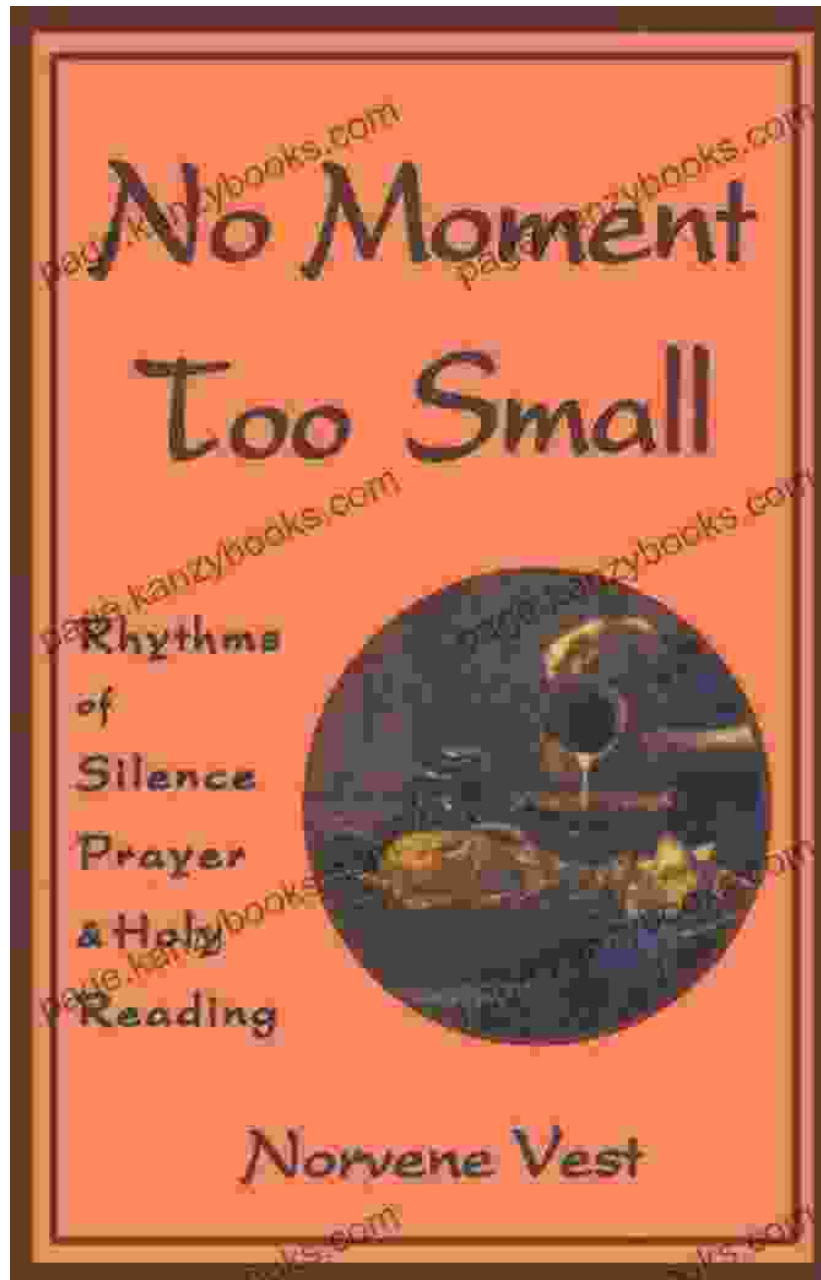


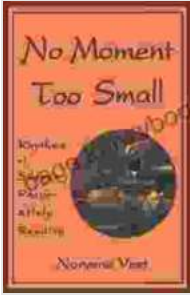
Unveiling the Rhythms of Silence: A Journey into Cistercian Spirituality



No Moment Too Small: Rhythms of Silence, Prayer, and Holy Reading (Cistercian Studies Series; No. 153)

by Norvene Vest

★★★★☆ 4.4 out of 5



Language : English
File size : 961 KB
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Screen Reader : Supported
Enhanced typesetting : Enabled
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Rhythms of Silence: Prayer and Holy Reading

Cistercian Studies No. 153

Editors: Maureen McDonnell, OCSO, and John Morson, OCSO

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Description:

In *Rhythms of Silence: Prayer and Holy Reading*, renowned Cistercian scholars Maureen McDonnell, OCSO, and John Morson, OCSO, explore the profound and multifaceted relationship between silence and prayer in the Cistercian tradition. Drawing on ancient texts, modern spirituality, and personal experience, they illuminate the transformative power of silence as a catalyst for spiritual growth and communion with the divine.

This volume delves into the concept of *lectio divina*, the sacred practice of reading and meditating on Scripture, as a gateway to contemplative prayer.

The authors demonstrate how silence allows the words of Scripture to penetrate deeply into the heart, fostering a profound understanding of the divine word and a closer connection to God.

Through insightful essays, personal reflections, and guided exercises, *Rhythms of Silence* provides a practical guide to incorporating silence into daily life. It offers a path to inner peace, spiritual renewal, and a deeper experience of the divine presence.

Key Features:

- Comprehensive exploration of silence and prayer in the Cistercian tradition
- Contributions from leading Cistercian scholars and practitioners
- Practical guidance on incorporating silence into daily life
- Exploration of the transformative power of silence for spiritual growth
- Illumination of the significance of lectio divina in contemplative prayer

Whether you are a seasoned spiritual seeker or a newcomer to the Cistercian tradition, *Rhythms of Silence* offers a profound journey into the heart of silence and prayer. Its wisdom and insights will guide you on a path to inner peace, spiritual renewal, and a deeper connection to the divine.

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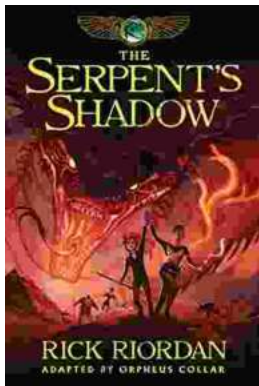
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