



A Book of Sparks: A Study in Christian Mindfulness (Paperback)

By Shaun Lambert

Instant Apostle, United Kingdom, 2015. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. An extended introduction into the universal human capacity for attention and awareness through what the author calls mindFullness --the practice of being filled with the awareness of the presence of God. In this second edition of A Book of Sparks, Shaun Lambert offers an extended introduction into the universal human capacity for attention and awareness, known in the world of psychology as mindfulness. Shaun shows how biblical awareness and attention overlaps with secular mindfulness, and has distinctives. Transformation comes through what Shaun calls mindFullness --the practice of being filled with the awareness of the presence of God. This new edition contains a more detailed introduction and a thought-provoking, practical study guide. It enables us to go deeper on our spiritual journey of transformation through a 40-day study examining the watchfulness modelled by Jesus in Mark's gospel. The writer demonstrates how God can transform us as we develop our own watchfulness, and highlights key contemplative practices such as the Jesus Prayer and Lectio Divina. It is an invitation to mindful reading and living.



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Reviews

Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).

-- **Paolo Spinka**

This pdf can be well worth a read, and much better than other. I am quite late in start reading this one, but better then never. Your daily life span will probably be transform when you full looking over this book.

-- **Roxanne Stehr**