



# **Exploring the Way, Participants Book: An Introduction to the Spiritual Journey (The Companions in Christ Series) (Companions in Christ)**

*Stephen D. Bryant, Marjorie J. Thompson*

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Do you have a deep longing for something more? It may be something you can't explain, but you have moral yearnings and visionary dreams that nothing has satisfied.

You're not alone. Even people "raised" in a Christian church can feel disconnected from - and even repelled by - what should be a comforting, constant presence in their lives. It's why so many people today proclaim themselves "spiritual but not religious." But what does that mean? Exactly what's meant by the spiritual journey?

*Exploring the Way* will help you understand and deepen your experience of God. You'll be able to ask the questions of issues and faith in a safe place. You'll discover (or rediscover) a way of grace, joy, and peace - indeed, the way of Christ himself.

Ideal for the novice and veteran alike, this book defines and explains the most basic concepts and language of the Christian spiritual life: prayer, the Bible's message for our lives today, spiritual gifts, listening, journaling, and much more. It's the ultimate six-week orientation to spirituality and the essential elements of faith.

Stories, scripture, and exercises in each chapter will help connect your beliefs with daily experiences. Through independent and group study, you'll establish a rhythm of daily time with God, weekly time in Christian community, and a lifelong attentiveness to possibilities for serving the world.

"To become a spiritual adventurer means learning to listen for the voice of God," writes the author. "This listening involves a certain level of risk and vulnerability that does not come easily. ...[But] we cannot fully rest until we find our way back to the place of our soul's origin, back to the Love that gave us life."

Feed your hungry soul, using both your head and your heart while rejuvenating your own spiritual journey home!

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