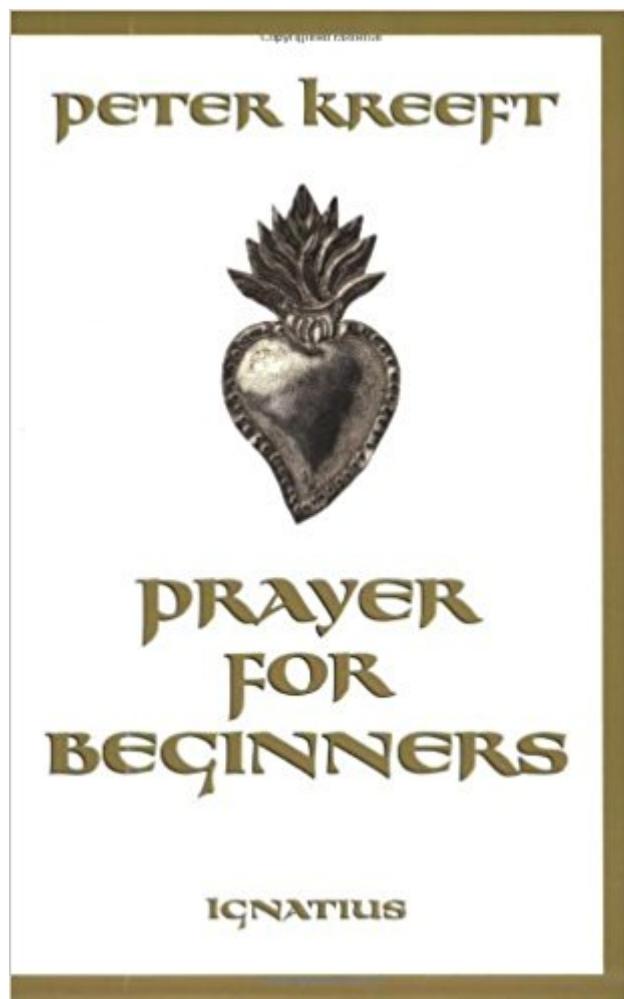


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# Prayer For Beginners



## **Synopsis**

Peter Kreeft brings his unique insights to this most important area of our spiritual lives. He claims he himself is still a beginner in prayer, and this book is for all those, like him, who feel that they are not good at praying but desire to become much better at it. Thus, Kreeft offers simple, but profound advice and practical steps for developing a prayer life based on the time-tested wisdom of the saints and great spiritual writers, especially the principles found in Brother Lawrence's classic, *The Practice of the Presence of God*. In short, straight-forward and unsentimental chapters, Kreeft covers all the key areas for understanding and developing that intimate form of communication with our Creator that we call prayer. He covers such areas as the necessity of prayer, various motives and methods, steps, patience, suffering, sin, faith, and grace.

## **Book Information**

Paperback: 130 pages

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## **Customer Reviews**

This accessible, brief primer on prayer asserts that any Christian can, and is in fact commanded to, pray to God unceasingly. Kreeft, a Boston College philosophy professor who has written more than 25 books on religion, attempts to teach "Prayer for Dummies" and "Prayer for Marthas" (i.e., those who are so busy attending to daily life that they feel they have no time to pray). Kreeft encourages beginners to commence with vocal prayer, regarding silent, contemplative prayer as a more advanced skill. Beginners must learn to "stop, look, and listen," with special emphasis on listening. (Since prayer is a form of conversation, and since we must attend carefully to the wisest person in any conversation, Kreeft asserts that "we ought to be listening most of the time" when speaking with

God.) Prayers can begin with a RAPT structure: Repentance, Adoration, Petition and Thanksgiving.

Another powerful novice prayer, says Kreeft, is the "Jesus prayer

This is the best short introduction to prayer I've read. Read it and pray. --Ralph Martin, Author, Called to HolinessThere's no shortage of good doctrinal material today. But, for the post-Boomer generations, the burning question remains: How do I begin to pray? Peter Kreeft answers that question in a simple, direct way that will reach ordinary unchurched Americans as well as devout Catholics who have hit a dry spell. This book can be a powerful tool in the new evangelization.

--Mike Aquilina, Editor, New Covenant

This was a most interesting book. In many ways it was a simple read and then the author would surprise you with deep, thought provoking theology. We used this as our Catholic Book Club read and it was a great club night. Much sharing and many prayerful lessons.

In my experience this is both the best book on prayer and the best book by Kreeft that I have read. It transformed my prayer life as well as many friends of mine. Because it had such an impact on my prayer life and consequently on my life, I bought five more copies to give to close friends and family.

10/10

If you are just beginning to be aware of prayer, or if you are one step from sainthood, or anywhere in between...this is an essential book for any person who is serious about improving their prayer time. Any GOOD book will provoke thought. This one provokes you to action...the action of prayer and all its forms. I wish I had this book 10 years ago. If you've read this far...just get it today. It will have eternal significance for you.

was overwhelmingly superb I just had to get several copies to share!!

I learned a lot from this book and I'm in debt to it. It provided a clear, deep and beatiful approach to prayer; as someone who wasn't sure if my frame of mind was appropriate for praying I found this book more of a revealer and teacher than I thought. I keep this book in my car and pick it up regularly.

This book is one of those rare gems that you will want to re-read for its many insights and great

wisdom it offers to Catholics wanting to advance in the spiritual life and become closer to God.

A very handy book on prayer. It has helped me understand prayer better and also taught me never to give up even when the going is tough.

Excellent for any stage of prayer - not just beginners. Well written in language you can understand and wonderful metaphors & suggestions..

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