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# Create In Me A Clean Heart: Ten Minutes A Day In The Penitential Psalms



## Synopsis

Every year, Lent holds out the opportunity for a spiritual âœcleanseâ • â “ a chance to open your heart and allow the Holy Spirit to shine a light into dark corners, expose sin and pain, and offer them up for forgiveness and healing. One time-honored custom that harnesses the power of Godâ™s word to âœreadâ • hearts in this way is praying the seven âœPenitential Psalms.â • Sarah Christmyer, Catholic author and co-developer of the popular Great Adventure Catholic Bible Study Program, invites you to set aside ten minutes a day to ponder one of these Psalms each week of Lent. Use this devotional prayer journal and allow the word of God to soak into your heart and move you toward a fresh, new start at Easter. Each chapter includes:- The text of one of the Penitential Psalms - A moving personal reflection from Sarah Christmyer- A step-by-step guide to meditating on the psalm- Space to write what you see and hear and to respond to GodA guide to meditating on Scripture using lectio divina is also included. "Ultimately, the word of God is not a book but a person who loves us and longs to connect with us on an intimate spiritual level. Take the opportunity Lent provides to offer up just 1% of your waking hours to get to know God: Take 10-15 minutes a day â | get away from it all â | open your heart â | and listen for his voice."--from the Introduction

## Book Information

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## Customer Reviews

I really like reading this book because it is about reading the seven Penitential Psalms during Lent or any time during the year. They express emotion and help turn my heart to God and help me recognize my sin, offer up my sorrow, and ask God for forgiveness. You spend a week on one Psalm 10 minutes day by using the process of Lectio Divina or reading the Psalm reflecting and thinking and observing and meditating on what it says to you, responding by talking to the Lord about what you hear the Psalm is saying to you, and finally resting in God's presence and love. Then you can choose a verse to memorize and meditate on throughout the week. This helps me to set aside some time each day and connect with God through his Word and thanking him and praising him for all of his wonderful blessings.

I have been looking for a book with the Penitential Psalms, and this is perfect! You get the Psalms in full, and a manual for Lectio Divina all in one. Great practical tips for meditation and application to real life. Nicely done! I have the Kindle but will also purchase the paperback.

Going into Lent I had no idea what I was going to do to deepen my relationship with God. Then I was given a copy of "Create in Me a Clean Heart" and it has been a literal Godsend. The daily act of reading the Penitential Psalms and reflecting on their words has kept my mind in the right place this Lenten season. My favorite part of this journal has to be Sarah Christmyer's reflections. She draws insights into the Psalms, relating them to interesting stories in her own life that grabs the readers attention and doesn't let it go. I better understand how these Psalms apply to my life because of her stories and her method of Lectio Divina. I thoroughly recommend this journal not just for Lent but also to anyone who is struggling and needs a way to understand God's Love and Mercy. Someone who needs God's Love can find it by sympathizing with David in his plight.

I liked the format of the book. The book is wonderful way to reflect and pray with the Psalms that were chosen for Lent. This book is appropriate for any time of year.

A wonderful read and especially wonderful during Lent. It gave me a great deal of food for thought, slowed me down during the week's pondering. I would recommend it.

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