



A Year with God: Living Out the Spiritual Disciplines

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Many people are longing to find the footprint of God in their daily lives. This beautiful daily companion is comprised of 365 selections of scripture, commentary, meditations, and daily exercises to help readers see how they can bring their entire life into a life with Immanuel - a God who is with his people.

In Richard Foster's best-selling book, *Celebration of Discipline*, he explored the "classic disciplines," or central spiritual practices of the Christian faith. Foster showed that it is only by and through these practices that the true path to spiritual growth can be found. In *A Year with God*, the spiritual disciplines are presented in such a way that does not destroy the soul but enables the reader to enter into a transforming life with God.

Through daily spiritual exercises and meditations, *A Year with God* explores eighteen spiritual disciplines. The inward disciplines of meditation, prayer, fasting, and study offer avenues of personal examination and change. The outward disciplines of simplicity, solitude, submission, and service help prepare one to make the world a better place. The corporate disciplines of confession, worship, guidance, and celebration bring one nearer to others and to God. Each discipline will be given twenty days of readings, beginning with scripture and followed by commentary, a meditation, and a spiritual exercise. Practicing these spiritual disciplines will help readers live intentionally, contributing to a more balanced spiritual life and a reformation of the inner self.

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