



# Be Still: 31 Days to a Deeper Meditative Prayer Life

*Amy and Judge Reinhold*

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**Be Still: 31 Days to a Deeper Meditative Prayer Life** Amy and Judge Reinhold  
Stop Breathe Listen *Be Still*

In a world that moves too fast and places little value on quiet times, the practice of contemplative prayer offers rest to your soul and invites God's presence into your life.

This thoughtful book, inspired by the best-selling DVD of the same name, invites you into the joy and peace that can be found in the age-old practice of contemplative prayer and features writings from some of today's most highly respected authors and speakers, including:

- Max Lucado
- Dr. Henry Cloud
- Philip Yancey
- Michelle McKinney Hammond
- Richard Foster
- Dallas Willard
- Dr. Calvin Miller
- Ken Gire

In these pages you will be introduced to the practice of *lectio divina*, which simply means "sacred reading." Using Scripture and silence, you will learn to invite God's presence and direction into your life through the thirty-one meditations in this beautifully illustrated book.

You don't have to be a scholar or a saint to experience contemplative prayer or enjoy God's divine companionship. As you walk through these thirty-one days, you will grow daily into a deeper, more satisfying prayer life with God. Open the book. Be still. Find rest for your soul.

Compiled by Amy and Judge Reinhold.

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Is it you who having spare time then spend it whole day by watching television programs or just resting on the bed? Do you need something new? This Be Still: 31 Days to a Deeper Meditative Prayer Life can be the reply, oh how comes? A fresh book you know. You are consequently out of date, spending your time by reading in this brand new era is common not a nerd activity. So what these guides have than the others?

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