

Sabbath Moments

Finding Rest for the Soul
in the Midst of Daily Living



Adolfo Quezada

Foreword by Paul Curtin, C.Ss.R.

Sabbath Moments Finding Rest For The Soul In The

Sally D. Sharpe



Sabbath Moments Finding Rest For The Soul In The:

Sabbath Moments Adolfo Quezada, 2003 A six week prayer format using Scripture brief reflection and prayer to soothe the mind body and soul By becoming conscious of God in Sabbath Moments we rest restore and re create ourselves The author speaks from the perspective of a busy person and gives practical counsel so that we can recapture and renew ourselves by taking Sabbath Moments in the midst of our busyness What's more he gives us the encouragement to keep ourselves open to the Spirit to be healed and whole no matter what we are experiencing *Transcending Illness Through the Power of Belief* Adolfo Quezada, 2011-12-06 Being diagnosed with a serious illness is shocking and can leave chaos confusion fear and anxiety in its wake But what if we looked at illness as a catalyst for deep healing of our whole selves In his guidebook *Transcending Illness through the Power of Belief* seasoned psychotherapist Adolfo Quezada reminds us of our essential wholeness as human beings and encourages us to live in that perspective even when facing illness or death Quezada relies on his twenty five years of experience providing counseling to thousands suffering from the effects of trauma and chronic illnesses to share a simple message we heal from the inside out For those who must travel the path of serious illness Quezada offers ways to face sickness head on and use it as an opportunity to awaken faith remember holiness and give purpose to burdens Through touching personal anecdotes Quezada also teaches that good can indeed come of illness by encouraging the unwell to become more compassionate live with greater purpose and touch the lives of others in profound ways *Transcending Illness through the Power of Belief* is an inspirational guidebook for anyone impacted by illness end of life issues and the important role of faith in these stages of life As we read these pages we discover that our embrace of illness and death actually becomes the source of interior peace we may have not yet experienced from the foreword by Msgr Robert D Fuller author of *Adventures of a Collegial Parish* and *Homilies from the Heart* *365 Meditations for Mothers by Mothers* Sally D. Sharpe, 2010-09-01 *365 Meditations for Mothers by Mothers* offers a year's worth of short daily devotional readings written specifically for mothers by mothers Twelve different women of faith present a month's worth of devotions each providing a rich variety of topics and writing styles Designed to be used by mothers of all ages and stages the daily meditations are brief enough to be read in just a few short minutes yet meaningful enough to prompt a longer time of meditation and prayer if desired Each day's reading includes a focus Scripture verse a brief devotion and a prayer Sally D Sharpe is the editor Writers include Hilda Davis Carroll LeNoir Culbertson Clare Golson Doyle Mary Ritzman Ebinger Leanne Ciampa Hadley Rebecca Laird Laura Leigh Parker Sharon Patterson Lillian Smith Stephanie Thompson Kathleen Turner Ginny Underwood *100 Days With God: The Chains Are Broken* by Dominique McGee, 2025-07-04 *100 Days With God The Chains Are Broken* by Dominique McGee This is more than a devotional It's a survival manual for the soul Born from fire forged in faith and anointed with purpose *100 Days With God* walks you through the valleys storms and spiritual warfare that most won't talk about but too many live through For 100 days Dominique McGee invites you to sit in the presence of God as she unpacks raw

truths healing scriptures and real life reflections rooted in her own deliverance journey Each day speaks to the pain you ve carried the chains you ve worn and the freedom waiting on the other side of surrender This is for the broken hearted the weary the ones who feel like giving up and the ones who know there s more These pages are filled with spiritual insight personal revelations prayers that hit deep and daily power to fight your way out and rise strong If you ve ever felt too far gone too dirty to be redeemed or too hurt to be whole this is your reminder God never gave up on you Now it s time you walk with Him 100 days one breakthrough at a time The Possibility of Prayer John Starke,2020-02-11 The life of prayer is neither efficient nor productive but it is transformative As a pastor in Manhattan John Starke knows the bustle and busyness of our society But he also knows that prayer is not just for spiritual giants prayer is for each of us Here is an invitation to discover via the church s ancient rhythms and with Starke s clear practical guidance the possibility of prayer *Real Love in an Angry World* Rick Bezet,2017-07-04 The world doesn t dislike Christians because we are godly honest and stand for justice It dislikes us because we can be downright mean Somewhere in our engagement of culture we have drifted to one of two extremes compromising on truth or condemning all those who disagree But Jesus despite enemies on all sides somehow managed to speak the truth in love and calls us to do the same Whichever ditch you tend to fall into Rick Bezet wants to help In *Real Love in an Angry World* he calls on believers not to abandon the truth just because they don t want to hurt someone s feelings but also not to present that truth in angry diatribes on social media He invites readers to sit in on his real conversations with real people who need to hear the gospel showing them how it can be done in loving and courageous ways For anyone unsure if they are doing more harm than good when they talk or don t talk about matters of faith this book offers a compassionate and inspirational corrective An Old Testament Theology Bruce K. Waltke,2011-04-19 The Old Testament is more than a religious history of the nation of Israel It is more than a portrait gallery of heroes of the faith It is even more than a theological and prophetic backdrop to the New Testament Beyond these the Old Testament is inspired revelation of the very nature character and works of God As renowned Old Testament scholar Bruce Waltke writes in the preface of this book the Old Testament s every sentence is fraught with theology worthy of reflection This book is the result of decades of reflection informed by an extensive knowledge of the Hebrew language the best of critical scholarship a deep understanding of both the content and spirit of the Old Testament and a thoroughly evangelical conviction Taking a narrative chronological approach to the text Waltke employs rhetorical criticism to illuminate the theologies of the biblical narrators Through careful study he shows that the unifying theme of the Old Testament is the breaking in of the kingdom of God This theme helps the reader better understand not only the Old Testament but also the New Testament the continuity of the entire Bible and ultimately God himself 100 Blessings Every Day Rabbi Kerry M. Olitzky,2013-04-22 This book is not just for Jewish people It is for all people who would gain strength to heal and insight from the Jewish tradition Using a one day at a time monthly format a spiritual leader who continues to reach out to addicted people and all those seeking spiritual renewal reflects on the

rhythm of the Jewish calendar with recovering people and other teachers Together they bring insight to recovery from addictions and compulsive behaviors of all kinds This sensitive volume soars with the spirit of the Jewish soul and year Its exercises help us move from thinking to doing

Fit for Faith: Integrating Christian Values into Your Fitness Kieran M. Astor, 2024-07-17 Fit for Faith Integrating Christian Values into Your Fitness offers a unique and transformative approach to achieving physical and spiritual well being This book is not just a guide but a source of inspiration for anyone seeking to harmonize their fitness journey with their Christian faith providing practical guidance and biblical wisdom to support their health goals Discover how to view your body as a temple of the Holy Spirit and learn to honor it through mindful eating exercise and rest This book doesn't just preach it empowers you with practical guidance to set faith based fitness goals incorporate prayer into your workouts and draw strength from Scripture to overcome challenges With insights on biblical nutrition the importance of rest and the power of community Fit for Faith helps you cultivate a holistic lifestyle that nurtures both body and spirit What You Will Find in This Book Biblical Foundations for Health Understand the spiritual significance of physical well being and how to integrate faith into your fitness routine Prayer and Exercise Practical ways to incorporate prayer and worship into your workouts for enhanced motivation and resilience Faith Based Nutrition Learn about dietary principles found in the Bible and how to apply them to modern nutrition practices Holistic Wellness Strategies for balancing physical activity rest and spiritual practices to achieve overall health Resilience and Strength Building mental and spiritual toughness through faith enabling you to overcome fitness and life challenges Community and Support The role of fellowship and accountability in maintaining your health and spiritual journey is a key focus of this book You will learn how to leverage the power of community to stay on track and feel supported in your journey Embrace a life where your faith fuels your fitness and your fitness strengthens your faith Fit for Faith is your guide to a healthier more spiritually enriched life where physical and spiritual well being go hand in hand

Sacred Space The Irish Jesuits, 2021-10-25 Prayer is the raising of our hearts and minds to God It is a holy and sacred experience open to everyone We do not need to be experts in prayer to enjoy the opportunity to grow in prayerful awareness of our friendship with God Sacred Space The Prayer Book can lead us into a life of prayer and in doing so inspire new expressions and depths of faith The Scripture prayers and reflections in Sacred Space The Prayer Book will inspire you to a richer daily spiritual experience throughout the liturgical year and invite you to develop a closer relationship with God Each day of Sacred Space The Prayer Book includes a Scripture reading and points of reflection as well as a weekly topic enhanced by six steps of prayer and contemplation The Presence of God Freedom Consciousness The Word Conversation and Conclusion Sacred Space The Prayer Book is designed to help you stay faithful to your intention to deepen your spiritual journey It is the perfect gift for your parish campus ministry program small group friend family member or yourself

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