



## A Beginner's Guide to Spirituality: The Orthodox Path to a Deeper Relationship with God

By Michael Keiser

Conciliar Press, United States, 2011. Paperback. Book Condition: New. 208 x 137 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Spirituality is in! Monks go platinum with recordings of chant, and books on self-help spirituality overflow on supermarket bookracks. But what is the meaning of true spirituality? Aren't we all a little confused? Genuine spirituality keeps us in balance with God, our neighbor, and the material world. Fr. Michael Keiser walks us through the Orthodox Church's timeless teachings and practices on the ancient understanding of Christian spirituality with humor and keen insight. He outlines how ascetic practices, personal and corporate worship, confession and repentance, overcoming the passions, and opening ourselves up to God's grace can lead us to transformation, and to our ultimate destiny-Jerusalem, the heavenly city. Fr. Michael Keiser is also the author of *A Beginner's Guide to Prayer* and *Spread the Word: Reclaiming the Apostolic Tradition of Evangelism*.



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