



Soul Workout: Keeping Your Spirit Healthy (Paperback)

By Janice Speddings

AUTHORHOUSE, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Using the words soul and workout in the same sentence may seem implausible and stretching artistic licence too far, but in the Soul Workout book, the improbable becomes believable and the only stretching to be done is metaphorical. An imaginary visit to the gym for a workout becomes a metaphor for the spiritual disciplines of Bible reading, prayer, and contemplative reflection. Going to the gym may not be everybody's cup of tea, but when the idea is transposed into the metaphor, everyone can breathe a sigh of relief: lycra and dumbbells will not be required. What is needed is a willingness to be open to prayer, spiritual reflection, and a desire to look for creative ways to deepen your faith journey: this is what Soul Workout offers. By methodically guiding you through the metaphor, Janice Speddings shows how different aspects of the gym have their spiritual counterpart: so cardiovascular exercise is likened to time spent building a deeper relationship with God (the heart and life-blood of the Christian faith) while spiritual weight-resistance exercise is seen as a...



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Reviews

Basically no terms to clarify. It can be written in basic terms instead of difficult to understand. I am easily could get a enjoyment of reading through a composed publication.

-- **Dr. Hazel Ziemann IV**

I actually started looking over this ebook. It is definitely simplified but excitement inside the 50 percent of your ebook. You are going to like just how the blogger create this ebook.

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