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## Journey to the Heart: Centering Prayer for Children

By Frank Jelenek

Paraclete Press. Paperback. Book Condition: New. Ann Boyajian (illustrator). Paperback. 32 pages. Dimensions: 9.8in. x 8.1in. x 0.1in. This new resource has been declared Nihil Obstat and Imprimatur by William B. Smith, S. T. D., Censor Librorum and Dennis J. Sullivan, Vicar General, Archdiocese of New York. Millions of books have been sold, teaching adults the practice of centering prayer. Finally, a guide for children! Centering prayer is a way of opening our whole being to God, beyond thoughts, words and emotions. It is simple and practical a way of preparing heart and mind to receive the gift of intimate relationship with God. Jesus said, When you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will reward you. (Matthew 6: 6) Frank Jelenek shows young children just how to do that. The first guide to a contemplative prayer practice for children, Journey to the Heart both instructs and inspires. Many parents and teachers will learn from this colorful treasure of a book, as well! Until now, parents and teachers had no resource available to introduce children to the joys of communicating with God in this special, intimate...



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