



# Create in Me a Clean Heart: Ten Minutes a Day in the Penitential Psalms

*Sarah Christmyer*

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## **Create in Me a Clean Heart: Ten Minutes a Day in the Penitential Psalms** Sarah Christmyer

This prayer journal invites you to set aside ten minutes a day to ponder the Penitential Psalms. By focusing on a single psalm each week, it fosters the kind of deep meditation that leads to a real transformation of the heart. Sarah Christmyer is co-author of the popular Great Adventure Catholic Bible Study Program and Psalms: the School of Prayer. In "Create in Me a Clean Heart," she provides a moving personal reflection of each Penitential Psalm followed by a step-by-step guide to meditating on the psalm. Space is provided in the print version to record your observations and respond to God in prayer. A guide to meditating on Scripture using lectio divina is also included. "Ultimately, the word of God is not a book but a person who loves us and longs to connect with us on an intimate spiritual level. Take the opportunity Lent provides to offer up just 1% of your waking hours to get to know God: Take 10-15 minutes a day ... get away from it all ... open your heart ... and listen for his voice." —from the Introduction

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Have you spare time for the day? What do you do when you have much more or little spare time? Yes, you can choose the suitable activity for spend your time. Any person spent all their spare time to take a walk, shopping, or went to the actual Mall. How about open or read a book called Create in Me a Clean Heart: Ten Minutes a Day in the Penitential Psalms? Maybe it is being best activity for you. You realize beside you can spend your time using your favorite's book, you can better than before. Do you agree with their opinion or you have various other opinion?

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