

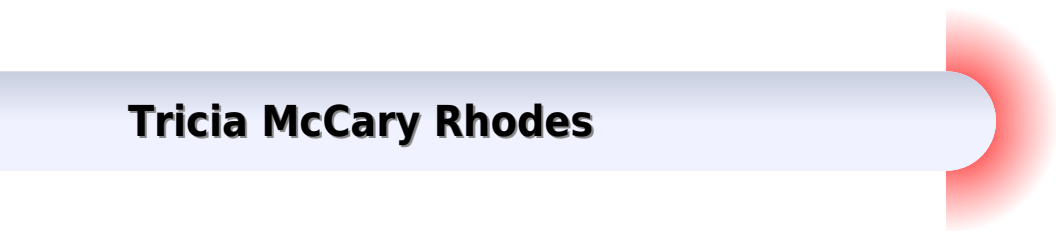
THE WIRED SOUL

HOW OUR DIGITAL LIVES
ARE CHANGING US

BY
JAMES C. SPENCER
WITH
JAMES C. SPENCER

The Wired Soul Finding Spiritual Balance In A Hyperconnected Age

Tricia McCary Rhodes



The Wired Soul Finding Spiritual Balance In A Hyperconnected Age:

The Wired Soul Tricia McCary Rhodes, 2016 If you had time to slow down you d notice You re more easily distracted lately You forget the details of your life more often than you used to You get easily agitated and have trouble resting even though you re more tired than you remember ever being Even your spiritual life is not immune You struggle to pray to read the Scriptures to be still and know that God is God Welcome to now Our technology has greatly improved much of our lives but in the process our brains are being rewired on a daily basis and our capacity to be centered in our souls in our lives is at risk Brain scientists are aware of this unprecedented change but the solutions aren t found in science They re found in the ancient practices of the faith Tricia McCary Rhodes reintroduces us to the classic disciplines of Scripture reading meditation prayer and contemplation not just as technologies to aid our faith but as tools to keep us focused and mindful in an increasingly disorienting digital age

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The Soul at Rest Tricia McCary Rhodes, 2018-11-06 Many Christians today struggle with having a consistent or life giving quiet time They are looking for a form of prayer that doesn t make them feel like they re begging God or being judged by him *The Soul at Rest* is a quiet time companion that introduces inward disciplines from throughout Christian history to those who hunger for greater intimacy with God *The Soul at Rest* is a 40 day guided experience of prayer that puts readers in the presence of God and allows them to enter and enjoy his rest It guides readers into a rhythm of quiet contemplative prayer easing them into God s presence and demonstrating how prayer is not so much a duty as it is a gift By the time someone finishes *The Soul at Rest* they ll not only understand prayer better they ll be engaging in it as a regular rhythm of life

Being with God AJ Sherrill, 2021-10-19 Outreach 2022 Recommended Resource Spiritual Growth All fruitful doing must begin with being For many Christians it s easy to be swept up into the fast pace of modern life desiring to do much for God But we struggle to slow down and be with God According to pastor Enneagram teacher and author AJ Sherrill being with God is what empowers doing for God Sherrill shares his own journey from busy Christianity to the ancient paths of contemplative practices He equips readers to integrate rhythms of stillness silence and solitude offering step by step guidance and examples of finding solitude both personally and

on retreats Sherrill warns that making these changes appears absurd in a society where time is money productivity is central and hurry is a way of life He guides readers gently through the beginning and often confusing stages of contemplative practice Citing timely insights from the world of neurology and mental health he shows that solitude is crucial not only for Christian growth but also for holistic flourishing Foreword by Rich Villodas Readers will emerge centered in Christ well on their way to this goal slow down pay attention be still and be loved The Sacred Slow Alicia Britt Chole, 2017-09-26 Tired of quick fixes and fast faith The Sacred Slow is an invitation to unhurried honesty before God If yesterday's word was simple tomorrow's word will be slow Our culture is shifting from fast food to healthy food both physically and spiritually Self care soul care life coaches and spiritual retreats all show our dissatisfaction in quick fixes and fast faith The Sacred Slow is an invitation to unhurried honesty before God Formatted as 52 experiences The Sacred Slow reminds readers on every page that God never wanted to use them He always wanted to love them The overflow of Dr Alicia Britt Chole's more than thirty years as a spiritual mentor to leaders and learners as well as her personal practical and penetrating tone will guide you to a richer more life giving relationship with God Perfect for use as a devotional or in small groups each chapter features A short unexpected reading Two options for application a thought focus or a heart exercise Encouragement to develop growing sustainable intimacy with God Whether you're exhausted by emptiness or worn from weariness you'll discover healing and restoration in these pages In this age of distraction learn to slow down and reorient your life to learn grow and experience God as never before

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