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Praying Freedom: Lenten Meditations to Engage Your Mind and Free Your Soul

By Vinita Hampton Wright

Loyola University Press, U.S., United States, 2013. Paperback. Book Condition: New. New.. 165 x 107 mm. Language: English . Brand New Book. With meditations, imaginative techniques, and prayer exercises, Praying Freedom is a Lenten devotional book that can help improve your prayer life and guide you towards spiritual freedom. In Praying Freedom, author Vinita Hampton Wright discusses how being spiritually free requires self-awareness and prayer, imagination as well as good intention, and practical activity in addition to belief. Through Ignatian spirituality principles, imaginative techniques, and the power of God's grace, we can become more spiritually mature and free to live as God wants us to live.



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