



# Simple Ways to Pray: Spiritual Life in the Catholic Tradition (The Come & See Series)

*Emilie Griffin*

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In *Simple Ways to Pray*, Emilie Griffin offers her readers an intimate and accessible introduction to the history and practice of prayer in the Catholic tradition. Meaning both to engage the beginner and encourage the experienced, Griffin explores the different types, devotional styles and techniques of prayer as well as outlining practical strategies for starting and sustaining an interior spiritual life.

Describing prayer as "that deep urgency or longing for something beyond? something greater than ourselves," Griffin extends an open and inclusive invitation to all readers to put themselves in the presence of God. And, by doing so, to open up their hands, minds and hearts to receive the full potential of God's love and know the richness of living an engaged spiritual life. This book is ideal for individual or group use in parishes and classrooms.

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