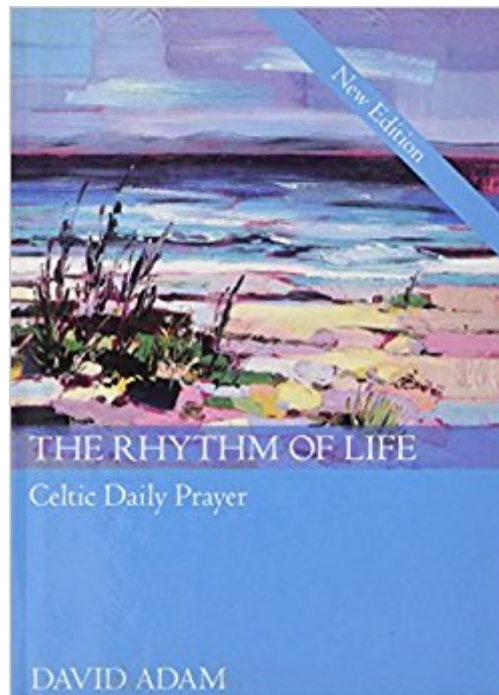




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# The Rhythm Of Life 2nd Edition: Celtic Daily Prayer



## Synopsis

Daily office prayers for a cycle of seven days. Each day's prayers include morning, midday, evening and night prayers, in an easy-to-use format. Newly updated, with canticles from Common Worship of the Church of England, as well as prayers of the author's own composition."

## Book Information

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## Customer Reviews

"The Rhythm of Life: Celtic Daily Prayer is a much valued addition to any Christian prayer studies collection." -- The Midwest Book Review "An absolute treasure! Prayers are arranged for four offices each day--morning, midday, evening, night. A main theme for each day is expressed in the appointed Scripture and prayers. This small book is an excellent help to establishing a pattern and practice of daily prayer--a rhythm for life! Black and white Celtic illustrations enhance the beauty of the text." -- Community of the Ascension Newsletter "David Adam offers four daily offices, for morning, noon, evening and night, with suggestions for use. Building on the themes of resurrection, creation, incarnation, Holy Spirit, community, the Cross, and the saints, Adam shares his ideas and prayers in the Celtic tradition, as he calls the reader to the rhythm of life ordered by the tides, the seasons, and the daily ringing of the church bell for prayer." -- The Pennsylvania Episcopalian "The rhythms of life are intertwined with the rhythms of prayer in this lovely collection of prayers for each day of the week." -- Religious Resources International "This unique book should make us all more aware of the rhythms in our own prayer lives and lead us to a deeper appreciation of the joys of the liturgical year and what we celebrate in worship." -- Modern Liturgy --This text refers to an out of

print or unavailable edition of this title.

I have been using *The Rhythm of Life* by David Adam as my daily prayer guide fairly consistently for nearly a decade, and I would recommend it very highly to anyone who desires to deepen their relationship with God through daily prayers. Structurally, *The Rhythm of Life* follows a weekly cycle, from Sunday to Saturday, and is arranged theologically in seven themes -- Resurrection, Creation, Incarnation, Holy Spirit, Community, the Cross, and the Saints. I find this weekly theology cycle enriching and stretching. The diversity and wholeness of the theological themes expand my narrow imagination in prayer, which tends to be focused on my immediate needs and concerns. They gently remind me of the greatness of God's kingdom and the extent of His concern. For each day, there are four offices -- Morning, Midday, Evening, and Night. Those who have time only for one office a day can choose any one of the four as these prayers are not confined to a specific time of the day. Each office follows the same pattern -- Affirmation, Silence, Response, Psalms, Scripture, Canticle, Kyrie, the Lord's Prayer, Intercession, Collect, and Affirmation. During the Kyrie, there are opportunities to bring before God those who are dear to us and those we are concerned about. The prayers are short, meditative, and repetitive. When they are said aloud, they have almost a chant-like quality. I appreciate this aural simplicity. It allows me to hear the resonance of each word within my soul. For me, one of the greatest strengths of this book is that most of the prayers are based on the language of Scripture, the Psalms being the main source, but also derived from various parts of the Old and the New Testament. The physical size of the book is just about perfect; it's small and light, easy to be carried around. I also like the fact that the fonts are of decent size and the text is well spaced. If I were to recommend a single prayer book to friends, it would be this one. Even after having lived with it for nearly a decade, the prayers feel fresh and continue to be meaningful.

When visiting the Holy Isle and then Iona, I discovered David Adams' writings and reflections on Celtic inspired prayer and meditations. This Prayer Book by Adams provides a beautifully structured set of prayers for Morning, Noon, Evening and Night for each day of the week structured around a different theme on each day (e.g., Resurrection on Sunday, Creation on Monday, ..). While I have used it as a wonderful resource for regular prayer during the Lenten season, it is appropriate for any time of year. While you may want to hang onto your regular prayer book, this one will bring a freshness and new inspiration to your prayer life.

This is a wonderful compilation of prayers by day of the week. Each day has a theme (Monday- Creation, Thursday- Community, Friday- the Cross, Sunday- Saints, etc). Each day has a morning, midday, evening, and night section. The prayers include scripture readings, psalms, traditional readings, the Lords Prayer, etc. I find these prayers so helpful and beautiful, and the sections are short enough to pray together each day before meals, at bedtime, or upon awaking.

I've been handing this book out like popcorn to people who are new to the discipline of the daily office--junior high kids in confirmation class, vaguely spiritual but unchurched boomers, old-fashioned evangelicals, just for example-- and everyone is loving it. It's not fussy or complicated--four offices are presented for each day of the week. The prayers are a nice blend of old and new (users learn that there's a treasure trove out there, but that they can compose their own prayers as well). There's an unchanging core, but appendices note that there can be seasonal changes--another hint of worlds to be explored. The best of its kind.

For anyone with Celtic roots, especially those who are Christian, or who resonate with Celtic spirituality, this book will provide the tools to immerse oneself in ageless prayers and timeless religious practice. The book can be used as a kind of devotional with prayers and readings for everyday. There are two complete sets of readings that can be used for morning and evening devotional time. The first part of the book contains outlines for prayer time in the morning, during the middle of the day and in the evening.

I am enjoying the "music" of the prayers.

I keep this book with my journal and Bible, and use it almost daily during my devotionals. It can be a glimpse through the keyhole of the kingdom of heaven.

I use this resource every day and I love the way that it sets out a clear and concise approach to Celtic spirituality as defined in the rounds of four times daily prayer time.

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