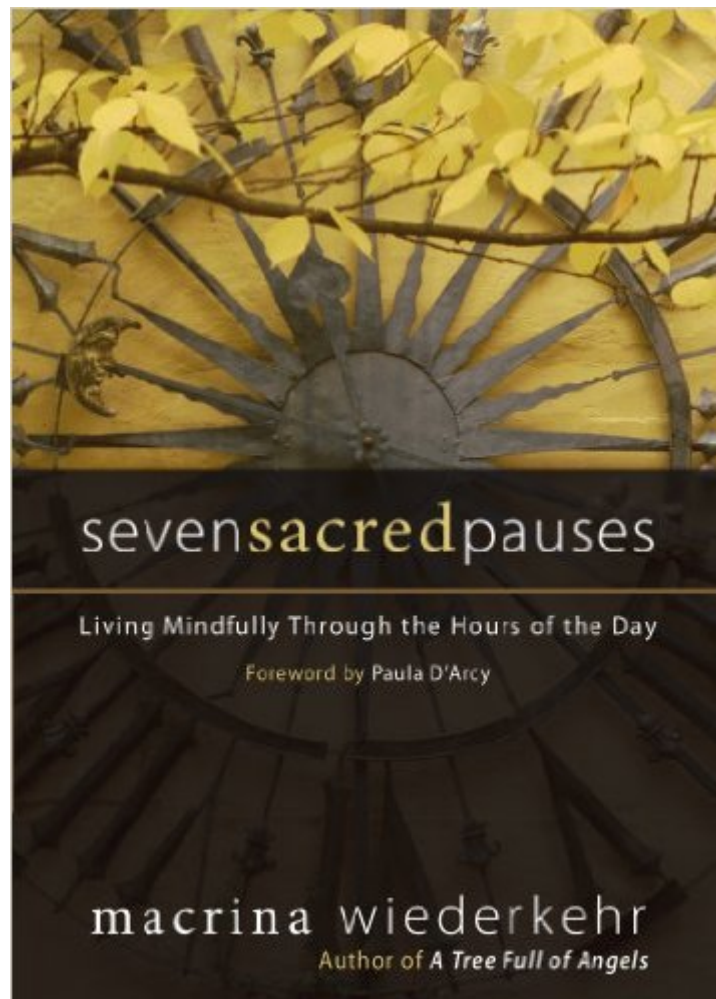


The book was found

# Seven Sacred Pauses: Living Mindfully Through The Hours Of The Day



## Synopsis

With over 25,000 copies sold of the hardcover version, this paperback edition of Macrina Wiederkehr's bestselling book invites readers to learn how to pray the hours through the practice of consciously pausing at the seven sacred moments of each day, making their daily passage through time a more sacred pilgrimage. Using scripture, poetry, reflections, personal stories, and quotes from a rich array of spiritual teachers for many religions, Wiederkehr helps readers become more attuned to living in the present moment and develop a kindred spirit with the rich tradition of the sacred hours. *Seven Sacred Pauses* is a wonderful gift to those who seek to find balance in their busy days and to bring the practice of the Divine Hours home to their own hearts.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (70 customer reviews)

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## Customer Reviews

"If you want to be attentive to your soul, you simply must find ways to honor your need to acquire a sense of rhythm in your life—some kind of balance in your work, leisure, and prayer."

(Wiederkehr) How can ordinary people practice a rhythm of pausing and noticing, noticing the work and presence of God in their world? Why are the Divine Hours a helpful rhythm of prayer? A few years ago I discovered the Divine Hours - those ancient rhythms of prayer that purposefully take one through the day with the Lord, pausing in the middle of the day for small conversation. I've discovered wonderful prayerbooks that guide through the hours, but it wasn't until I came across a Benedictine Short Breviary that I had seen a prayerbook that really guided through all seven hours (see below). I quickly purchased that Breviary and excitedly kept company with the Lord on the seven hours, with some routine, but a lot of struggle to keep the rhythm. Carrying that little book with

me everywhere as well as trying to pause in the middle of the day was a tough discipline to establish. I enjoyed, however, the significance of the pauses in the day; each pause and time of prayer had a certain something to add to that time of day, even projecting and connecting times of life to times of the day. To illustrate what I enjoyed, this comes from Weiderkehr's book: "We practice pausing to remember the sacredness of our names, who we are, and what we plan on doing with the incredible gift of our lives-and how we can learn to be in the midst of so much doing. We have to practice loving and forgiving. We practice breathing and being careful with one another's life. We practice nonviolence. We practice enjoying what we have rather than storing up possessions. We practice silence.

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