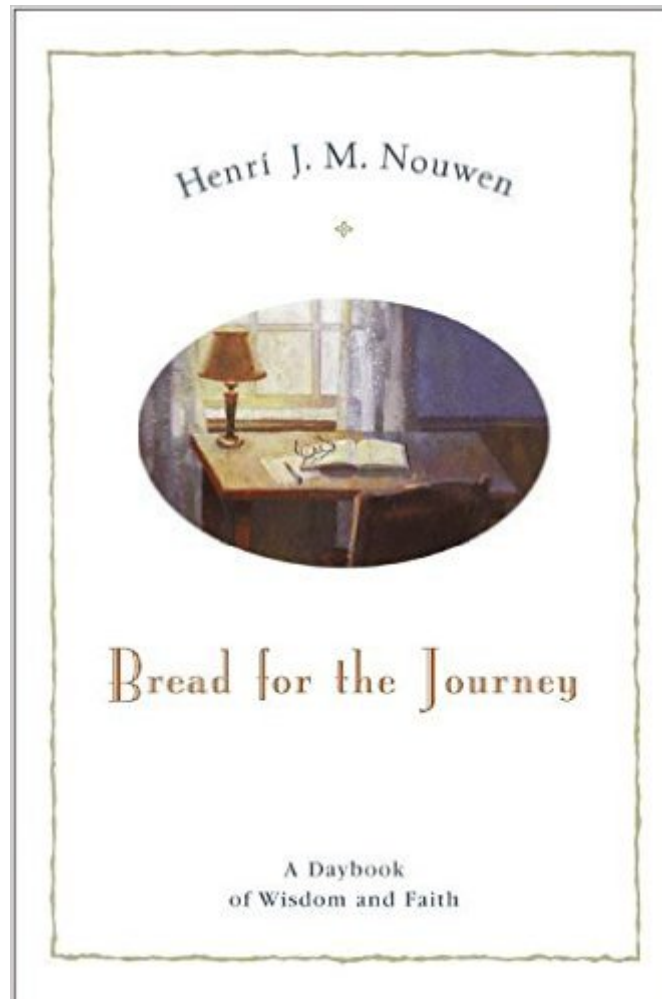


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# Bread For The Journey: A Daybook Of Wisdom And Faith



## Synopsis

When beloved author Henri Nouwen set out to record this daybook of totally new reflections, he suddenly found himself on "a true spiritual adventure." For in these 366 original, interlocking morsels of daily wisdom, Nouwen provides both sustenance and a trail for us to follow, as he unveils, to his own surprise, his personal map of faith. From the delicate interplay of human experience to the surrender to Christ and the embrace of Christian community, that journey of Christian spirituality is explored and celebrated here in each eloquent, thought-provoking passage, "The table is one of the most intimate places in our lives. It is there that we give ourselves to one another. When we say, 'Take some more, let me serve you another plate, let me pour you another glass, don't be shy, enjoy it,' we say a lot more than our words express. We invite our friends to become part of our lives. We want them to be nurtured by the same food and drink that nurture us. We desire communion. . . Every breakfast, lunch, or dinner can become a time of growing communion with one another."

## Book Information

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## Customer Reviews

"The very best translation of the Bible" (I enjoy saying this to friends ---- always pausing for dramatic effect) . . . "is the one you pick up and actually READ every day." By my own standard then, I'd have to say this is my second-favorite book. Published at the time of Henri Nouwen's death in 1997, it is almost without peer. There is one other that may be as good: Mother Teresa's book of 365 daily meditations, "The Joy in Loving" published the same year. Yet, Nouwen's "Bread for the Journey"

may appeal to an even wider audience --- for reasons that become evident the moment you open it anywhere. Well, we're only as good as our latest work . . . so why not start literally with 'yesterday, today and tomorrow.' You'll find each reflection interlocks with the previous one, and each is barely 100 words. Just see if these thoughts don't speak to your heart . . . (Yesterday, January 17) -- BE YOURSELF Often we want to be somewhere other than where we are, or even to be someone other than who we are. We tend to compare ourselves constantly to others and wonder why we are not as rich, as intelligent, as simple, as generous or as saintly as they are. Such comparisons make us feel guilty, ashamed or jealous. It is very important to realize that our vocation is hidden where we are and who we are. We are unique human beings, each with a call to realize in life what no one else can, and to realize it in the concrete context of the here and now. We will never find our vocations by trying to figure out whether we are better or worse than others. We are good enough to do what we are called to do. Be yourself! (Today, January 18) -- FINDING SOLITUDE All human beings are alone.

INTRODUCTION: From the St. Matthew Gospel (4,4): "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" These were the words of our Lord and Savior Jesus quoting Holy Scripture in Deuteronomy 8:3 showing the importance of spiritual nourishment. "Bread for the Journey" is a great daily devotional/meditational book with contemplative tid-bits for thought on our daily journey as Christians. If you are not on a spiritual journey with God this book will help you form an appetite for God's Word and God's thoughts. If God as Creator is the Chef, then Henri Nouwen thru this daily meditational book is His assistant cook. AUTHOR: Wikipedia describes Nouwen as "a Dutch Catholic priest and writer who authored 40 books on the spiritual life." In recent years, Nouwen's meditative writings are popular with many Protestants (especially those from the emergent/emerging Church movement). Nouwen was also a pastoral psychology, and theology professor at Notre Dame, Yale, and Harvard universities, and spent the latter part of his life working exclusively with the developmentally disabled. CONTENT: The book is organized by months, and the only pattern that I could find is that some number of consecutive days are focused on a larger theme (e.g. about "Being \_\_\_\_\_", or "Jesus is \_\_\_\_\_," empowered and Holy Spirit, the church, eternal life, joy, sorrow, and others). Many of the daily meditations seem to fit the Christian calendar and major holidays. CONCLUSION: Henri Nouwen's 365 daily thoughts are deep, insightful, and spiritually rich.

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