

Eugene H. Peterson
Eat This Book
The Art of Spiritual Reading
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The English English reader notices from page 1 that this is an American English book. So, at the head of this review comes a warning - don't be put off! Eugene Peterson is an authoritative voice among English speaking Christians in the 'spiritual theology' field and he is well worth listening to.

This book, which is delightfully written, holds together prayer and the Bible in a compelling way. For Peterson, prayer is the breath of the Christian and scripture is the oxygen in the atmosphere she breathes. The central section of the three into which the book falls is also the heart of it - "Lectio Divina". Lectio, Meditatio, Oratio, Contemplatio - Reading, Meditation, Prayer, Contemplation - all cease to be lifeless definitions of a mechanical process and come to life as a vital pilgrimage for the Christian disciple.

So - buy Eat This Book - and eat it!

Anselm SSF