

# Download Water Wind Earth Fire The Christian Practice Of Praying With The Elements

Water, Wind, Earth, and Fire: The Christian Practice of Praying with the Elements is not a book to move through quickly but instead is one to savor, much like a person who seeks spiritual development grows closer to God by reading the universe and praying with it. Organized around "The Canticle of the Creatures" by St. Francis of Assisi, Water, Wind, Earth, and Fire is the first book to consider the ways in which praying with the natural elements can enliven Christian spiritual life. Teacher, artist, and Benedictine oblate Christine Valters Paintner offers concrete suggestions and guided contemplative exercises; for instance, she suggests that readers take time to "watch the sunrise or sunset and breathe in the beauty of the fiery sky. Water, Wind, Earth, and Fire: The Christian Practice of Praying with the Elements is not a book to move through quickly but instead is one to savor, much like a person who seeks spiritual development grows closer to God by reading the universe and praying with it. Organized around 'The Canticle of the Creatures' by St. Francis of Assisi, Water, Wind, Earth, and Fire is the first book to consider the ways in which praying with the natural elements can enliven Christian spiritual life.