

Prayer Primer

By Fr. Thomas Dubay



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Fr. Thomas Dubay, a renowned teacher and writer on prayer and the spiritual life, presents a simple, profound and practical book on the most important of all human activities, communion with God.

Prayer Primer is written for intelligent adults (and teenagers) who want God and a serious prayer life, but it does not presuppose that they need or have a theological background. It does take up many questions rarely answered adequately in the classroom or from the pulpit, often not mentioned at all: Why pray? (be ready for some surprises) ... Why vocal prayer is important and yet should be limited ... What contemplation is and is not ... Praying with Scripture ... Family prayer - even how to introduce children to group meditation ... Prayer in a busy life ... Pitfalls and problems - together with solutions ... Buddhism? New Age? Centering prayer? ... What should you do when dry and empty and not at all inclined to pray? How do you even get started? ... Where and how to begin? ... Assessing progress ... Growing in depth. All of these subjects, and more, are clearly and concisely explained for citizens of this 21st century.



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Editorial Review

From the Publisher

Whether they recognize it or not, human beings universally experience a hunger for God. Prayer Primer responds to that need by showing readers how to develop a relationship with God through prayer. Author and spiritual director Dubay introduces beginners and refreshes experienced prayers with teaching about the why and how of prayer. He explains the nature of vocal prayer, meditation, contemplation, and liturgical prayer. In addition to helping readers get started praying, he deals with problems such as finding time to pray and answers frequently asked questions.

About the Author

Fr. Thomas Dubay, S.M., is a retreat master and spiritual director for religious communities around the contry, as well as a highly regarded speaker at conferences and retreats for lay poeple in North America. He has hosted five different 13-part television series on the topics of spirituality and prayer, and is the best-selling author of such acclaimed spiritual works as Fire Within, Prayer Primer and Happy Are You Poor.

Users Review

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Troy Ethridge:

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Alysa Appel:

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