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Create in Me a Clean Heart: Ten Minutes a Day in the Penitential Psalms

Sarah Christmyer

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This prayer journal invites you to set aside ten minutes a day to ponder the Penitential Psalms. By focusing on a single psalm each week, it fosters the kind of deep meditation that leads to a real transformation of the heart. Sarah Christmyer is co-author of the popular Great Adventure Catholic Bible Study Program and Psalms: the School of Prayer. In "Create in Me a Clean Heart," she provides a moving personal reflection of each Penitential Psalm followed by a step-by-step guide to meditating on the psalm. Space is provided in the print version to record your observations and respond to God in prayer. A guide to meditating on Scripture using lectio divina is also included. "Ultimately, the word of God is not a book but a person who loves us and longs to connect with us on an intimate spiritual level. Take the opportunity Lent provides to offer up just 1% of your waking hours to get to know God: Take 10-15 minutes a day … get away from it all … open your heart … and listen for his voice." —from the Introduction

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