



Finding Our Way Again: The Return of the Ancient Practices (Ancient Practices Series)

Brian D. McLaren

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Why have certain spiritual disciplines been in use for centuries, and why are they so important?

It is questionable if one can ever be exactly the same person waking up on two consecutive days. How are spiritual sojourners to cope with the constant change? Many are beginning to explore the ancient Christian spiritual practices, such as fixed-hour prayer, fasting and sincere observance of the Sabbath. What is causing this hunger for deeper spirituality?

Brian McLaren guides us on this quest for an explanation of these spiritual practices, many of which go all the way back to Abraham and the establishment of Israel. In the midst of contemporary Christianity, we discover the beauty of these disciplines and the transformation through Christ that each can provide.

Includes foreword by Phyllis Tickle and leads into seven additional titles, *The Ancient Practices*, a classic series featuring some of the leading writers on spirituality in the world today.

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