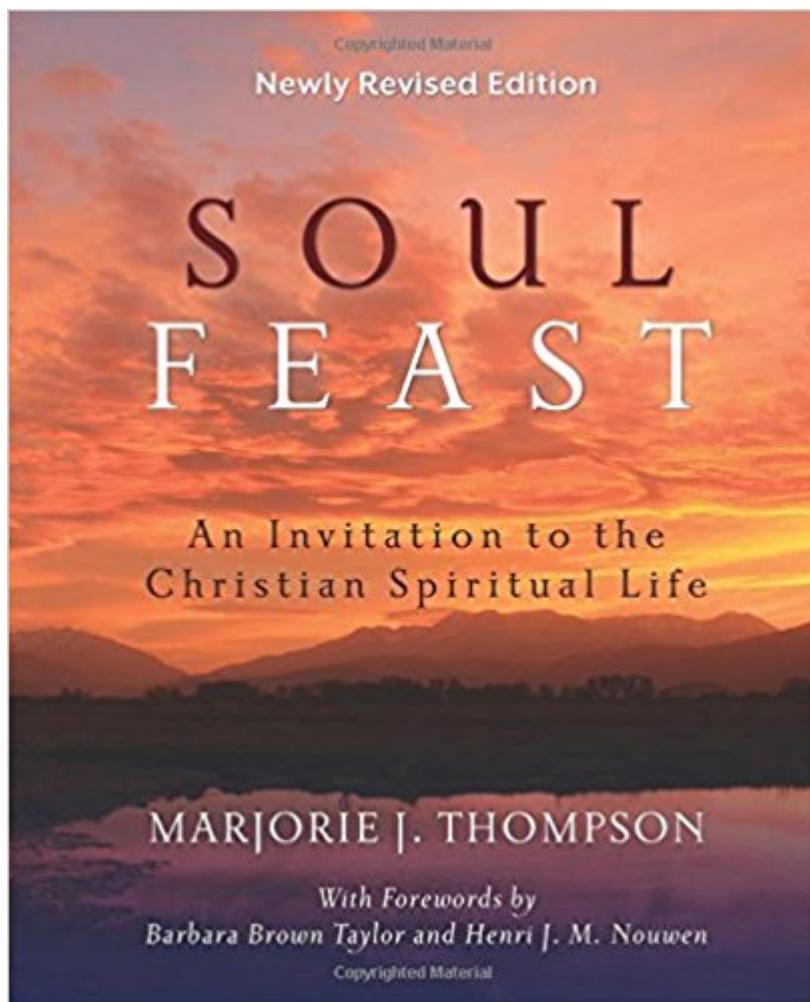


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# Soul Feast, Newly Revised Edition: An Invitation To The Christian Spiritual Life



## Synopsis

First released in 1995, this spiritual classic continues to be a bestseller, as thousands each year accept Marjorie Thompsonâ™s invitation to the Christian spiritual life. Offering a framework for understanding the spiritual disciplines and instruction for developing and nurturing those practices, Soul Feast continues to be a favorite for individual reflection and group study. Many new additions, including a new chapter on keeping the Sabbath, make this newly revised edition of Soul Feast a must-have. This newly revised edition will include the following new or updated content: An all-new introduction, reflecting on the bookâ™s twenty-year history and why it has remained so popular. An all-new chapter on keeping the Sabbath, one of the most life-giving spiritual disciplines in a hurried 24/7 world. It will explore the importance of Sabbath time, and how readers can create space for it when the pace of life seems to be continually accelerating. A significantly expanded âœRule of Lifeâ• chapter at the end of the book, based on numerous reader requests for more guidance on how to go about creating their own personal Rule. Some refreshed sidebar quotations from spiritual writers to complement the best ones from the prior editions. A revised group study guide to reflect the addition of new materials.

## Book Information

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## Customer Reviews

Having first read Marjorie J Thompsonâ™s Soul Feast: An Invitation to the Christian Spiritual Life several years ago as part of a professional and personal development course for clergy I was interested in reading the new revised version of the book. I found the first edition to be inspirational and informational as to incorporating the key Christian disciplines (meditation, fasting, worship, etc)

into oneâ™s daily life. I have found the newly revised edition to be just as inspirational and informational. Soul Feast is a very readable and âœnon-technicalâ • introduction to the Christian spiritual disciplines. Thompson approaches the disciplines not as something that is only reserved for the spiritual elite such as clergy but for the student, the soccer mom, the truck driving dad, and the busy grandparent. Over the course of 8 chapters, Thompson explains the basic Christian disciplines which are book ended by a wonderful opening chapter about the current âœspiritual yearningsâ • of the culture and a concluding chapter about the development of a personal âœRule of Lifeâ • that enables a person to tie them all together. There are helpful questions throughout each chapter and at chapterâ™s end for discussion (there is also a group discussion guide at the end of the book) as well as a helpful bibliography for further reading on each subject. As each discipline is introduced there are also suggested ideas and exercises for practicing each discipline. I thoroughly enjoyed this newly revised edition of Soul Feast (Westminster John Knox Press) and there are several passages that I underlined in my Kindle that are worth tweeting! It is a helpful introduction to the practice of key Christian spiritual disciplines that is worth reading again and again.

**Soul Feast: An Invitation to the Christian Spiritual Life**  
Newly Revised Edition  
Marjorie J. Thompson  
Westminster John Knox Press

Have you ever forgotten how much you enjoy a particular food until youâ™ve had it again? Whether itâ™s days or years between, you think, âœHmm, why donâ™t I eat this more often?â • The servings that Marjorie J. Thompson offers in her Soul Feast are like that: Why donâ™t I do this more often? Originally published in 1995, this third edition offers practical and doable practices for a complete spiritual life. Each offering is an important part of the full soul, just as food offered at the table fills the body. Ms. Thompson gives the reader a complete guide to moving toward a Spirit-led life. With each practice, she gives the reason and a way to add or bring back a tradition to our lives. Whether itâ™s a more complete prayer life or fasting, the author guides the reader gently along. Donâ™t use the old, tired excuses for why you canâ™t take up particular Christian exercise. Ms. Thompson seems to have heard them all. She offers suggestions that even the newest and shyest of the Christians can get started with. Like a loving parent of a child who doesnâ™t want to eat peas, she offers alternatives. At the same time, the reader is given no excuses for leaving the table. The ten chapters begin with the appetizer of satisfying our spiritual yearnings, go through the various courses of the meal, until you get your dessert, developing your own rule of life based on the principles you have learned. Donâ™t think that Ms. Thompson is going to tell you how to run your life. Instead she guides you to develop your own rule. The book concludes with a group study guide, which an individual can use as well.

I tend to love reading books about spiritual disciplines, so when Net Galley offered Soul Feast, Newly Revised Edition: An Invitation to the Christian Spiritual Life by Marjorie J. Thompson, I downloaded it and eagerly began the feast. This is only an updated edition of this book, which was originally published in 1995. The forewords are by Henri Nouwen and Barbara Brown Taylor. The ten chapters each offer different disciplines to consider practicing: spiritual reading, prayer, common worship, Sabbath, hospitality, and developing a rule of life are a few of the ones that impressed me. From chapter 4 on common worship: "The reasons for gathering are many and important. Whether we are alone or with others, we need to experience our Christian life as rooted in the larger community of faith. Even our most personal disciplines need to be supported, broadened, clarified, and sometimes corrected in the light of corporate theology and practice. Otherwise we become susceptible to privatized visions of spiritual truth..." "We delude ourselves if we imagine we can live the spiritual life in total isolation from Christian community, for it is impossible to be Christian in solitary splendor. To be Christian is to be joined to the body of Christ." In a few sentences she expressed why we need a community of believers to belong to. "The central and visible way in which the church expresses this reality is by gathering in the Spirit to receive and respond to God's living Word." Thompson talks about hospitality: "Hospitality means receiving the other, from the heart, into my own dwelling place." It starts by making room for God, then our fellow man, including strangers. "Hospitality is essentially an expression of love.

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