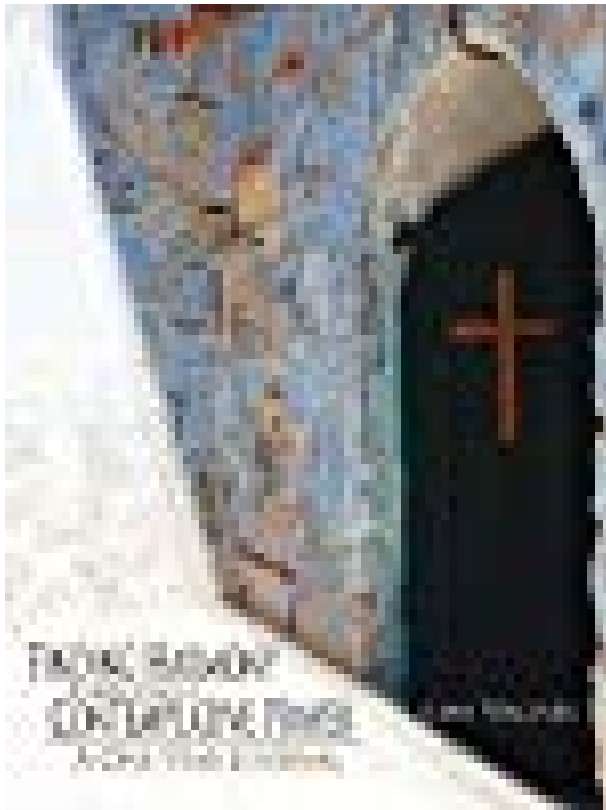


# Finding Harmony Through Contemplative Prayer: A One Year Journal



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Finding Harmony through Contemplative Prayer: A One Year Journal is a personal journal which provides one year of daily scripture references based on ten themes important to us today: personal honesty, valuing others, repentance/forgiveness, salvation, mind, body, Spirit, faith, hope and love. The journal encourages the use of Lectio Divina, an ancient and sacred form of bible reading and contemplative prayer that brings a deep understanding of scripture and draws us closer to God. The Finding Harmony journal can help all of us as we seek peace within ourselves and harmony within our relationships.