



Prayer: Forty Days of Practice

Justin McRoberts , Scott Erickson

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We pray because we are human, not because we are religious. Within the pages of this book you will find memorable language and evocative imagery for the basic human, spiritual, and beautiful need to pray.

Religious tradition can, and often does, provide language, shape and space for prayer, but the primal instinct to pray does not emanate from, or begin with, religion. Instead, something in our nature points beyond itself; something in us searches for and appeals to God. Yet, as natural as prayer is, the practice of it often seems to take place behind closed doors in clubs with language and imagery exclusive to that club. Herein lies a work that provides language and imagery accessible to people in every facet of life, including those with no real religious background at all.

Prayer: Forty Days of Practice Details

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From Reader Review Prayer: Forty Days of Practice for online ebook

Trisha Ontiveros says

I was pleasantly surprised this wasn't a book of written out prayers to pray. The stories were very thought provoking as well as the mediation thoughts and pictures. I could see this used in personal prayer /quiet time as well as in a small group setting or a family devotional time.

"I received a complimentary copy of this book from NetGalley on behalf of the Publisher and was under no obligation to post a favorable review."

Sarah Poling says

This beautiful and short book can be read cover to cover in a few brief moments. That's not the intent of it, but as someone leary of prescribed prayer, I wanted the perspective of the whole book.

This book is a gift. If you feel unaccomplished at prayer, if you don't know how to focus, if you don't know what to say, if you want to learn new habits for prayer, if you want to grow in perspective, **THIS BOOK IS FOR YOU!**

This book is written with both a God mindset and a growth mindset- my two real goals for my life- to focus on Jesus grow in the Word and know God more intimately. And to use the grace God extends to myself- not just those around me- to gain resilience, persistence, empathy and allow myself time to grow, change, and learn from my mistakes. And this book helps in both of those areas.

Things that could be improved maybe- add scripture. add some adoration- this is prayer all about me- but it does make share big expectations for who God is in the implications.

I will now enjoy going back and learning, focusing, and trying to pray in the way the authors intended.

Carlos Fernandez says

I appreciated the artwork and its intention to perhaps be an entryway for those pursuing a more engaged and deeper prayer journey.

It's great in that expands the typical view/process of prayer, but still left me wanting so much more. This could have been a pamphlet and doesn't add much to what's already out there. I did read an uncorrected proof. Hopefully, the final edition is a bit more fully realized. Again, appreciate the concept and art direction.

Kate Ellis says

As someone who is currently exploring Centering Prayer there are elements of this book which I am sure I

will benefit from when I spend more time with it.

The book helps in providing brief succinct guidance notes on Guided Prayers, Contemplative Imagery, Meditations, and suggested practices.

"May I..." framing of prayers is extremely helpful, as is the book being one which there need not be any specific order to the use of each of the 40 prayers.

The illustrations are simplified with the use of only black, white, and throughout one other colour. I think many of these will help focus attention and help reduce the distracting thoughts that enter quiet contemplation.

The anecdotes are interesting and give just enough to invite the reader to explore the methods and prayers provided.

Moriah Conant says

If you don't know where to start when you pray, this book is for you.

If you want to grow in prayer, this book is for you.

If you want to learn new prayer practices, this book is for you.

Even though this book does not contain a lot of words or analytical discussions, it is a great place to pare down and get back to the basis of prayer, The meditative prayers allow a starting place to build off of. The new practices scattered throughout the book give you a way to grow and learn.

Highly recommend "Prayer: Forty Days of Practice"!

I received a copy of this book from NetGalley in exchange for an honest review.

Samuel McCann says

Pretty good prayer book overall. I flouted the expectations of the authors and went through the illustrations and short prayers as part of a larger prayer culminating in the devotion. I think this impoverished my ability to meditate on the images and prayers, but allowed me have a larger theme in mind throughout the prayer. Also, it piled up the recommended spiritual practices, which my life really needed. So even without moving along with the set program of the book I found this book to be a helpful spiritual resource and would recommend it.

Annette says

With this book the author tried to create:

- A piece of art
- An act of love
- A redemptive tool
- A resource
- An inspiration
- An ongoing conversation with God

My philosophy is the simpler the better. This book is over-created, with lots of pictures and not enough

resource.

The book gives suggestions for practice of prayers in four ways:

- Guided prayers
- Contemplative imagery
- Meditations
- Suggested practice

I find it demeaning.

It would have been an interesting read if it concentrated only on two aspects: resource and practice. For example, my favorite resource and practice was about The Traveler's Needs. Resource: one of them packed everything of two (two pairs of shoes and coats, everything of two in food), because he was thinking of his follow traveler. His fellow traveler couldn't understand it. The lesson: "there is no difference between your needs and mine." Practice: Intercession – think about those who benefited from your gifts.

Mark Schlatter says

I picked this up when the illustrator (Scott Erickson) visited my church for a performance art piece, and I've been using it as a source for nightly devotions over the last few weeks.

The format is that of a prayer book. There are a number of prayers by McRoberts (mostly one sentence with a heavy emphasis on humility and self-knowledge) with illustrations on the facing page (in what appears to be Erickson's signature style of duotone wood carvings). I found many of the prayers moving and helpful and the illustrations engaging if a bit oblique. There are also a few essays scattered throughout the book as well as prayer how-to's (e.g., the Lectio Divina). I didn't really perceive any connective thread throughout the book but appreciated its emphasis on surrender and focus on those around you.

Pam says

A unique Lenten journey through art and sparse words. Very thought provoking.

Zachary Houle says

Prayer is something I'm still practicing, and I probably don't do it enough. However, I know enough about the subject to know that you can do it any time, anywhere. So I read Justin McRoberts' and Scott Erickson's Prayer with some interest, hoping that I might learn a thing or two about the any time and anywhere bit. Well, as McRoberts (the author) and Erickson (the illustrator of this book) point out early on, Prayer is a book devoid of content. It's meant to be consumed in 40 days, but you can practically flip through this book if your heart so desired. There's a point to the lack of traditional linear content. This, it turns out, is a book of prayer prompts in a way. You look at a picture of paper airplanes or houses within a house or whatever Erickson has craftily put to ink, and you read the sentences that take up a page that McRoberts has spun, and the content comes from the dialogue that you have with God while processing these words and images.

To that end, I probably used this book wrong. For one thing, I got it on my Kindle, which may not be the best

way to read it because it forces you to read things from start to finish. Prayer is meant to be really picked up and read at random. This is less a book in the conventional sense and more of a tool, so that might mean for some people starting at the end and working backward or going to the middle and hopscotching around. So there's that. Two, well, I read this book kind of fast. I really should have spent 40 days and not 40 minutes with this title. I may have to come back to this and tell you later if this form of prayer as offered by this book really works. However, I do have a sneaking suspicion that this is a book that might work best when "read" by a larger group of people together. What I found myself wanting to do with this book is have a dialogue with it, but with others present with their opinions and interpretations. I'm curious to know what someone else thinks of the fact that all of the written prompts start with the word "may." I'm also curious to know from someone else what they thought of the pictures and what they actually mean?—?as things get quite abstract at points.

Read more here: https://medium.com/@zachary_houle/a-r...

Audrey Adamson says

This book of Prayer is very different from your usual devotional book. Prayer: 40 Days of Practice takes you out of the typical prayer and works on getting your spiritual siding moving.

Think of this book like a writing prompt book: it gives you a jumping point and then you dive in. The book includes drawings, quotes, short essays and practice suggestions.

I found this book very refreshing and it absolutely took me to other places to talk with God and to think through my life.

I received an ARC through NetGalley, all opinions are my own.

Chelsey says

Thank you Netgalley, for the Advanced Reader copy.

This is a perfect little book for anyone looking to reconnect with a stale prayer life. The meditations, prayers, and exercises are simplistic, yet utterly universal and profound. I believe the author is Christian, but the language used is generic enough that this could be enjoyed by someone of any religion or belief system, or even as a secular self-help guide. I highly recommend this to anyone who needs something to help them refocus their thoughts in a busy and chaotic world.

Sarah says

I was drawn to this book because I have been a fan of Scott Erickson's artwork for many years. His artwork pairs wonderfully with Justin McRoberts's writing to create a beautiful book. It is comprised of short prayers with thought-provoking accompanying images, interspersed with meditations and practices. I enjoyed reading this ebook, but cannot wait for the physical book to be released. It is definitely a book to read in its physical form so that you can see the two-page spread of prayer and image concurrently. It is a book you can return to in your daily personal prayers, and I am also looking forward to reading it with my Bible study group.

I received a digital ARC from NetGalley. Unfortunately, we have to wait a while for it to be released - February 5, 2019.

Rachel SV says

I found this book on prayer refreshing. In a sea of books that really narrow in on Christian religion, this book can be used by anyone of any religion (or no religion) who is looking for prayers and practices to shift their life more towards a meditative experience. The artwork is stunning and pairs so well with the short, affirmation-like prayers.

Renee Davis Meyer says

What a beautiful, slow, simple book on prayer. At the heart of this 40 day journey is the authors' belief that the essence of prayer (connecting with the God of the universe in every aspect of life) is more important than the mechanics. So while there are suggestions, and guided practices, it feels like the point is less telling what to do than encouraging readers to turn their faces upward.

I really love the art and guided prayers (which are mostly one-sentence, simple but very profound. "May love be stronger in me than the fear of the pain that comes with caring.")

I read this on my Kindle Paperwhite, but I think I would have preferred a physical copy. This feels like a book meant to be held in my hands, and I am curious how the art looks on paper v. a screen. My one critique might be eliminated in a paper book (or in the final copy, I have an ARC): There is no table of contents in the kindle version I have, and it isn't clear how this fits into the 40 Days framework the title implies. Am I supposed to read a page a day? I read all of the pages up until a practice was introduced (they mostly for together thematically), then experimented with that practice over the next week...

Many thanks to Netgalley for providing me with an advanced reader copy of this book in exchange for my honest opinion. Which is that I will buy this book, either for myself or to give to friends who love beauty and prayer.
