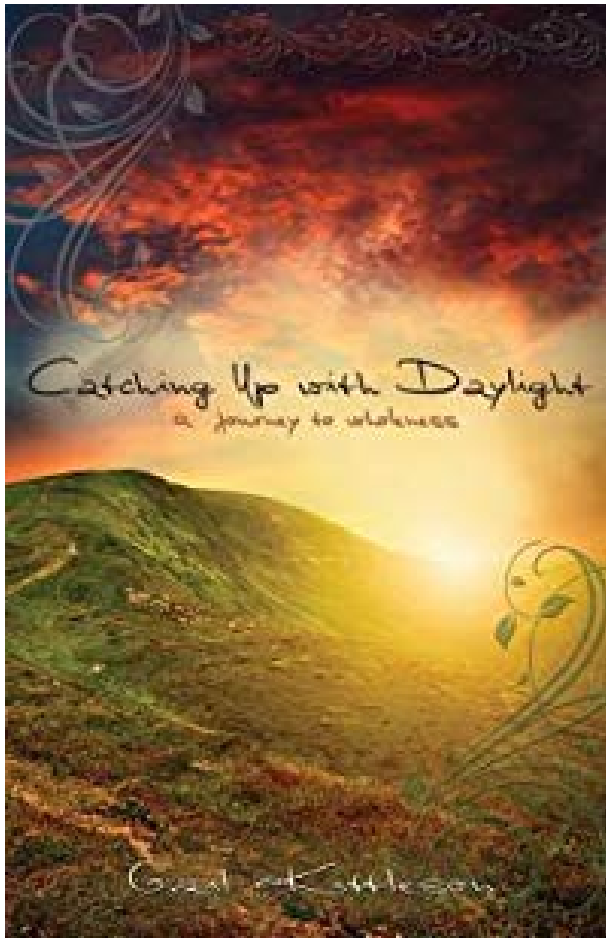


Catching Up with Daylight: A Journey to Wholeness



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If you long for rest... Many of us long for rest, as the author did while renovating an old house after her husband's first deployment to Iraq. Yet a different hunger undergirded that desire: a hunger for wholeness. No fast track exists to a closer walk with God, but Gail Kittleson demonstrates how to use the ancient Benedictine practice of Lectio Divina to enhance and extend our times with our Creator. Allowing the Spirit to emphasize one word and ruminating on it throughout the day empowers us to remain present for every moment, attentive to embrace all that God has for us. Through stories and guided musing, you will become aware of those who have paved our way...and those around us in need of fresh courage. And you may even awaken one morning to discover the moon painted a fresh hue.

Come...Rest...Catch up with Him.