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Lire des ebooks La prière chrétienne : guide pratique Jacques Gauthier PDF, ePub, mobi, Un guide pratique et spirituel de la prière chrétienne, qui conviendra aussi bien pour une initiation que pour un approfondissement, écrit à l'intention de ceux qui veulent conjuguer prière personnelle et vie active.

Dans cet ouvrage aussi pédagogique que spirituel, Jacques Gauthier aborde les thèmes majeurs de la prière chrétienne :

- Pourquoi et comment prier : une véritable expérience de la prière offrant au lecteur les outils nécessaires pour avancer à l'aide d'exemples concrets.
 - Les obstacles à la prière : les clés pour trouver du temps pour prier et pour persévérer au milieu des multiples occupations quotidiennes.
 - Prier avec son corps : les différentes postures et les exercices pratiques pouvant aider chacun à découvrir son propre chemin.
 - La prière contemplative : comment passer du corps au cœur, des prières à la prière, malgré les inévitables distractions.
- La célébration liturgique : la liturgie des Heures et l'année liturgique.
 - L'Eucharistie, source et sommet de la prière chrétienne : une explication concrète et spirituelle de chaque partie de la messe pour mieux les vivre.
 - La prière en couple ou en famille : spiritualité conjugale et familiale.

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