



Wilderness Time: A Guide for Spiritual Retreat

Emilie Griffin

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Time in "the wilderness" -- solitary meditation on simplicity, prayer, and other key disciplines of faith -- is directly in keeping with Jesus' example of going apart to pray. Now, with the clarity and encouragement that distinguish the Renovaré collection of spiritual resources, this gentle guide to retreat unshrouds that historical tradition -- and so reveals marvelous opportunities for spiritual renewal in contemporary Christian practice.

Helping us to create self-guided retreats -- for individuals or groups -- Emilie Griffin offers plans, encouragements, and suggestions based on her own experience and fortified by the inspiring words of contemporary Christian writers such as Eugene Peterson, Luci Shaw, and Virginia Stem Owens.

A virtual primer for retreat, this volume defines the basics and provides practical tips on setting realistic expectations and on achieving the relaxation and freedom necessary for the soul to become, in the words of de Caussade, "light as a feather." A detailed one-day retreat makes an ideal model for first-timers, and several different examples illustrate how time in the wilderness can be both accessible and wonderfully illuminating -- no matter what your schedule. *Wilderness Time* is another balanced, practical strategy from Renovaré helping us grow closer to God.

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