



Practicing Your Path: A Book of Retreats for an Intentional Life

Holly W. Whitcomb

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An invitation to rebalance your life and regain perspective. Practicing Your Path offers seven one-day retreats on the components of classical Christian spirituality: Sabbath, Hospitality, Prayer and Action, Fasting, Giving Back to God, Living Into Your Call, and Accountability. Each chapter includes a structure for a one-day private retreat with flexible options for groups. Includes thoughtful meditations, journaling or discussion questions, guidelines for use of time, creative ideas for art and ritual, and ideas for longer retreats.



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