



Everyday Divine: A Catholic Guide to Active Spirituality

Mary DeTurris Poust

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Many people today are looking for opportunities to bring the spiritual into their everyday lives in non-traditional ways. Their days are so busy they can't imagine how they can fit in time to kneel or sit in prayer on a regular basis. As a result, they fly from one activity to the next at breakneck speed, always looking forward to some nonexistent time in the future when things will slow down long enough to allow them to breathe, center themselves, and pray.

Everyday Divine: A Catholic Guide to Active Spirituality helps busy readers explore different ways to achieve a place of stillness and peace while remaining very much in the world. In fact, the day-to-day activities of life become the pathway to prayer-even the prayer itself. Drawing on Catholic tradition, from the Desert Fathers and Mothers to ancient monastics to modern-day saints and sages, *Everyday Divine* looks at how we can adapt these ancient practices for modern times, quoting holy men and women on various methods and offering practical instructions and suggestions to help people put them into practice. Readers learn how to find spiritual peace while immersed in everyday activities, such as:

- Housework and chores
- Workouts and exercise
- Cooking, eating, and fasting
- Listening to music
- Traveling and making pilgrimages
- Living among the noise of daily life

The book also includes personal stories from the author and others, and will weave in practices from specific spiritualities-such as Franciscan, Benedictine, and Trappist-to show how these practices fit into the bigger Catholic picture.

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