



At Sea With God

By Margaret Silf

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At Sea With God By Margaret Silf

British author and retreat director Margaret Silf develops the image of life as a sea voyage to shed new light on the spiritual journey. The art of sailing life's waters is explored with this delightful self-guided retreat. Silf uses seven aspects of sailing to explore the spiritual life: the boat, the cargo, setting sail, navigating uncharted waters, the perils of the deep, beingadrift, and dropping anchor. Her creative use of scripture, reflection questions, journal starters, and real-life seafaring wisdom enables readers to reflect on their experience with fresh insight. This gentle spiritual guidebook unites ancient spiritual practices with contemporary experience in a compassionate, enlightening manner that Christians of all faiths will appreciate.

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Editorial Review

From the Inside Flap

A beloved spiritual leader shares wisdom and comfort for the voyage of life.

Hailed for her compassionate, enlightening insight that unites contemporary concerns with ancient spiritual paths, Margaret Silf has guided thousands of men and women in powerful journeys of self-discovery. "At Sea with God invites readers to experience her most invigorating message to date, using the ocean as a metaphor for the chances and changes we must all confront.

Drawing on seven vivid images, "At Sea with God casts a beautiful new light on:

The "vessels" that carry each of us through a lifetime of events

Cargo, which has the potential to sustain us or to weigh us down

The process of setting sail for unfamiliar destinations

Navigating uncharted waters, even when the best path is difficult to discern

Taming fear during storms and shipwrecks

Rejoicing in the serenity of calm seas and dealing with the times when we feel we are "going nowhere"

Choosing the best time and place to drop anchor

Written in gentle prose reminiscent of Henri Nouwen's and C. S. Lewis's, "At Sea with God offers a short course in strengthening the soul using meditative tradition. For Christians of all denominations, Margaret Silf has created a safe harbor to savor again and again.

About the Author

Margaret Silf travels widely in her work as a retreat director and speaker on Ignatian spirituality. Her books include *Close to the Heart: A Practical Approach to Personal Prayer* (Loyola Press) and *The Gift of Prayer: Embracing the Sacred in the Everyday* (Bluebridge).

Users Review

From reader reviews:

James Shaw:

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