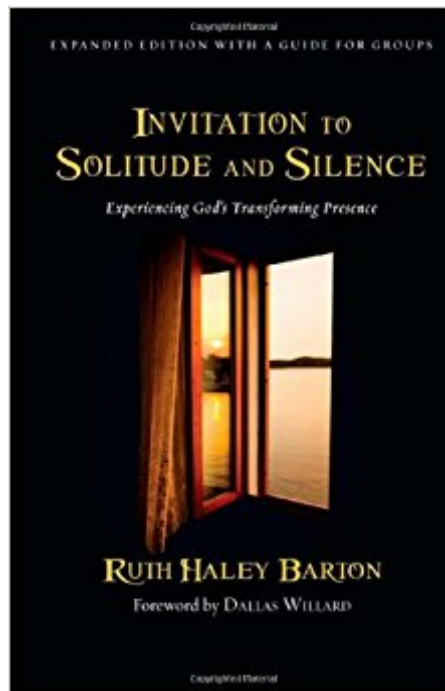




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# Invitation To Solitude And Silence: Experiencing God's Transforming Presence



## Synopsis

Winner of a Christianity Today Book Award! Much of our faith and practice is about wordsâ•preaching, teaching, talking with others. Yet all of these words are not enough to take us into the real presence of God where we can hear his voice. This book is an invitation to you to meet God deeply and fully outside the demands and noise of daily life. It is an invitation to solitude and silence. The beauty of a true invitation is that we really do have a choice about embarking on this adventure. God extends the invitation, but he honors our freedom and will not push himself where he is not wanted. Instead, he waits for us to respond from the depths of our desire. Will you say yes? This expanded edition includes a guide for groups to use both in discussing the book content and in learning to practice silence together.

## Book Information

Hardcover: 166 pages

Publisher: IVP Books; Expanded edition (November 1, 2010)

Language: English

ISBN-10: 0830835458

ISBN-13: 978-0830835454

Product Dimensions: 5.5 x 0.7 x 8.2 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 90 customer reviews

Best Sellers Rank: #41,072 in Books (See Top 100 in Books) #44 inÂ Books > Religion & Spirituality > Worship & Devotion > Meditations #107 inÂ Books > Christian Books & Bibles > Worship & Devotion > Meditations #260 inÂ Books > Christian Books & Bibles > Christian Living > Self Help

## Customer Reviews

"The author's own journey serves as a backdrop for a welcoming invitation to experience the spiritual restoration of solitude and silence. Her compelling invitation combines both a clear explanation of the purpose of solitude and seasoned guidance on how to practice it." (James C. Wilhoit, Ph.D., Price-LeBar Professor of Christian Formation and Ministry, Wheaton College Graduate School)"Invitation to Solitude and Silence provides wonderful spiritual companionship on the quest for intimacy with God. Read it through to stir your appetite, then return to savor each chapter, engaging the practical steps into the silence where your soul can find rest in the Father's arms. Written in a style reminiscent of the spiritual guides of centuries past, yet current, vibrant, and

alive with personal reflection and scriptural application. Ruth Barton has whispered a call to overcome the fear of solitude and follow the soul's deepest longing to experience God's presence. A passionate, transformational resource that will foster both personal spiritual growth and spiritual formation in a group setting." (William R. Cutrer, Gheens Professor of Christian Ministry, The Southern Baptist Theological Seminary)"I find books in the genre of the contemplative life are often written by mystics who occupy some rarified, ethereal realm in which I don't seem to live. Not so with Ruth Haley Barton's *Invitation to Solitude and Silence*. Ruth takes us on her journey into solitude and silence as one, like most of us, who must learn to commune with God in the muchness of life." (Greg Ogden, Author of *Discipleship Essentials*, and Executive Pastor of Discipleship, Christ Church of Oak Brook)"Ruth Haley Barton has gifted us with a vital way to deeper intimacy with God and our own true self in God through the neglected disciplines of solitude and silence. Along with her own honest biographical witness, she offers us a variety of concrete practices that can help the reader enter solitude and silence with greater ease and understanding of the ways God is present for us in such times, often in the face of our resistances. What she has given us can contribute significantly to a more mature and full spiritual life. She convincingly shows us the vital spiritual importance of an intentional rhythm of work and rest, solitude and community, silence and word." (Tilden Edwards, Founder and Senior Fellow, Shalem Institute for Spiritual Formation, Bethesda, Maryland)"If you would really like to know the 'rest appropriate for the people of God' (Heb 4:9), then make the decision to leave all outcomes to God and enter the practice of solitude and silence with Ruth Barton as your guide. As you do so, call upon Jesus to be with you, and trust him for that. In a relatively short period of time you will come to know the 'rest unto your souls' promised by him who is meek and lowly of heart." (From the foreword by Dallas Willard, author of *Renovation of the Heart*)"I have not otherwise found a more excellent and accessible guide for those who seek, as Elijah, to know and be known by God in solitude and silence. . . . I have given this book to all of our employees and it has become an integral part of what we call '8:30 Stillness.'" (Gary A. Haugen, president of International Justice Mission)"Fujimura's work narrates a vision for cultural life that is expansive, inclusive, and truly beautiful. One does not have to be a Christian in the traditional sense of the word to contribute to culture in ways that are life-giving, redeeming, and beauty-filled. Indeed, Fujimura's work suggests that perhaps the truest articulations of Christianity are found in what is most hidden, ambiguous, and silent. Silence, for Endo and Fujimura, does not equate to abandonment, but rather ushers us into a new world charged with the glory and beauty of God." (Kathryn Bradford Heidelberger, *SEEN/CIVA*, XVI:2 2016)

"I have not otherwise found a more excellent and accessible guide for those who seek, as Elijah, to know and be known by God in solitude and silence. . . . I have given this book to all of our employees and it has become an integral part of what we call '8:30 Stillness.'" (Gary A. Haugen, president of International Justice Mission) --This text refers to an out of print or unavailable edition of this title.

Deeply Christian and deeply human, and I feel Ruth's book challenges us to surrender to where God is leading us and to trust God's plan for us, yet not be complacent rather engage with God's plan with hope, faith, love, and quietude. We can't put God into the box of our own busyness or our agendas and then call that theology. (That's what I got out of Ruth Barton's writing so far.) Rather, I feel that Ruth's book reminds us that it's through God's invitation to Solitude and Silence that God reminds us how much we are truly loved! And how significantly real it is that God is the boss of life and purpose - Not us! So let go and let God. I think anyone can enjoy this book. It's a challenging book however because today, I feel, that it's so hard to sit still and know that God is in the stillness of our lives. God Bless, Julian

Ruth Haley Barton's book was real, honest and challenging. I appreciate her weaving snippets of her own journey and fears into the narrative of these practices. The book itself and her writing style also, tended to slow my breathing and make me feel a sense of calm just by reading along. I really enjoyed the book and the practices it has prompted in my life.

I was looking for a way to gain balance in my life and spiritual direction. I loved her illustration about the Mason jar of river water! What a great visual of how murky our lives are when we are so busy "being spiritual." Ruth has the ability to relate her own struggles in this area and offer practical ways to practice this discipline. As I've learned to sit quietly before Jesus, I do have a greater sense of peace and hear Him gently speak to me. I especially enjoyed the study of Elijah and seeing this prophet's struggle and his response to God in the midst of his exhaustion. I have recommended this book to many others.

I did not expect this book to improve my spiritual practice so much, I really wished I read it earlier in my life. Silence and solitude are really underrated in our society, where one must keep on striving to prove one's worth. Solitude and silence is the only way one can directly come to know God, and as a result of that, to come to know oneself. The author was also really helpful in giving specific

instructions on how to practice silence and solitude at the end of each chapter. I

I love books and I buy books . . . a lot. This book is one of my all-time favorites. Ruth Barton not only gives you incredible information – but provides wonderful practices to integrate the truth.

This is an awesome book for beginning a journey into solitude with our Father. This book also have suggestions into how you began this journey

Excellent as described. I strongly recommended this seller.

A very helpful and inspirational introduction to the discipline of solitude and silence. Barton writes within the sphere of everyday life. A book that I will read again.

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