



Regaining Your Spiritual Poise: How Christians Can Regain Balance and Meaning in Their Lives through the Practice of Retreat and Christian Spirituality

Rob Wingerter

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Despite the best of intentions, many Christians fail to lead the type of committed spiritual life that they desire. The pace of life and cultural pressures drive them to be over-committed. They lack space and time in their lives to regain their spiritual poise. This book reviews the historical practice of personal spiritual retreat and demonstrates that it has as much applicability to the modern Christian as it has had to countless others over the centuries. Not only is there historical precedent, but biblical as well. Besides presenting the theological arguments for experiencing retreat, the book also gives practical insights into the timing, location, and activities in which to engage while on a personal spiritual retreat. There is also a discussion on how to keep the spirit of retreat alive throughout the year so that ultimately the retreat benefits not only the individual Christian but also the world in which they live.

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David Manning:

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