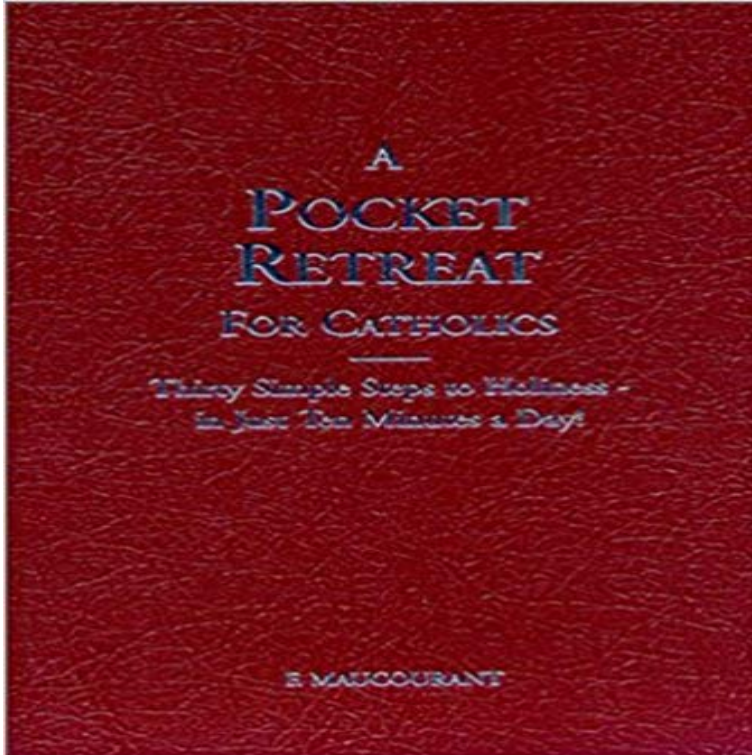


## A Pocket Retreat for Catholics: Thirty Steps to Holiness in Just Ten Minutes a Day



Thirty steps to holiness in just ten minutes a day! Hereas a way you can make a retreat, even if you cant tear yourself away from the demands of work and family. Make your retreat anywhere! These ten-minute meditations are perfect for bringing a retreat right into your home or workplace. Designed as a thirty-day program to lead you to greater love for God, these brief reflections give you guidance on how to get started on a more serious commitment to Christ, and how to deal with common challenges and obstacles that confront you along the way. Youll get practical directions for how to live in the world Author F. Maucourant gives you here a plan of action for growing in holiness one you can begin to implement in minutes, wherever you may happen to be. Youll start right at the beginning, with directions on how to evaluate how well youve answered Christ s call, and how much you live for Him in your thoughts, your feelings, and your actions. After that, these meditations call you to recognize the most important truths: the love with which God created you, your value in God s sight, and His love for you (especially as shown in the Eucharist). Then, once you ve renewed your awareness of these great facts, Maucourant shows you how you can, in light of them, let Christ dwell in you and act in your soul more freely. Once you have given yourself to Jesus in the ways this wise retreat master directs, he shows you how to turn to Jesus for direction, as well as how to rest in Him, to abandon yourself to His will, and to share your joys and sorrows with Him. At that point you ll be ready for Maucourants final, stunning meditations that give you guidance about how you can let even your imperfections draw you closer to Jesus, and how you can prepare now for union with God in Heaven. This delightfully portable thirty-day retreat program will begin to transform your life on the very first day!

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