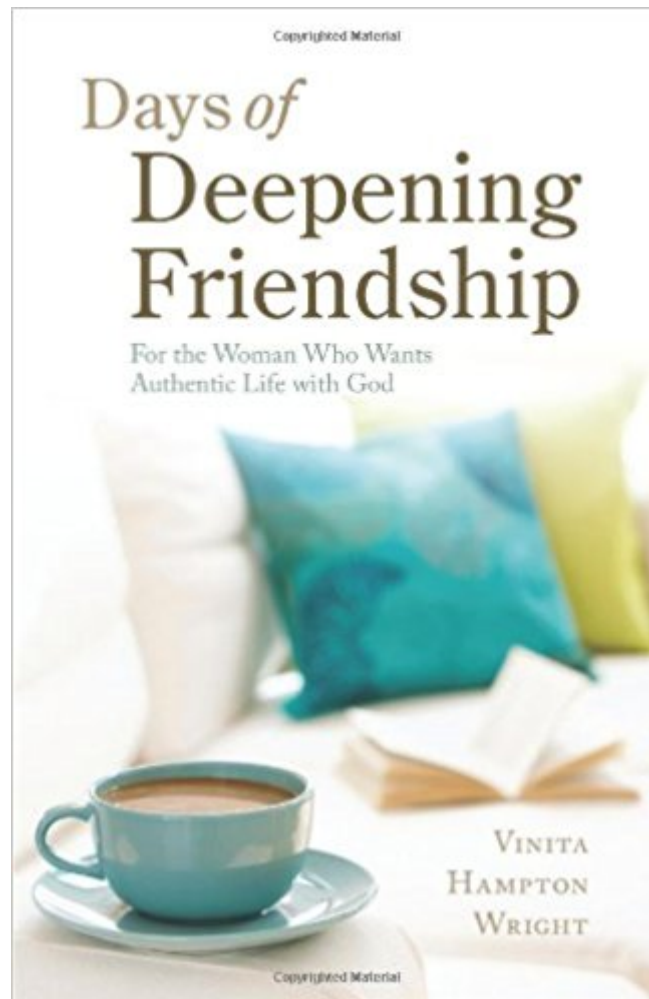


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# Days Of Deepening Friendship: For The Woman Who Wants Authentic Life With God



## Synopsis

Be your true self and get ready for a dynamic friendship with the Divine. It's time for women of faith to quit apologizing for who they are or who they've been, for what they feel and know, and for their powerful ability to connect with spiritual reality. When a woman is free to be herself and to express to God without fear her loves, dreams, pains, and passions, she can embark upon a friendship that is stunning in its wisdom and delightful in its daily unfolding. Using Scripture, meditations, stories, and written exercises, *Days of Deepening Friendship* encourages women to radically rethink their approach to friendship with God and to explore the deeper regions of this very special relationship. Throughout forty brief chapters, author and spirituality-workshop leader Vinita Hampton Wright taps the proven wisdom of Ignatian spirituality by employing prayer, imagination, action, and reflection, making the book an ideal spiritual workshop for women. *Days of Deepening Friendship* will free any woman to fling wide open the door to the Divine and become friends with the God who has loved her all along for who she really is.

## Book Information

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## Customer Reviews

*DAYS OF DEEPENING FRIENDSHIP* walks its reader through a spiritual journey, with eight progressive parts, some more warmly named than others. Vinita Hampton Wright notes: "Friendship with God, like human relationships, goes through necessary stages --- and not all of them feel friendly." Each section comprises five short chapters; that means 40 in all, each titled by a personal, reflective question. To give you a flavor, these are the names of the sections, followed by the first chapter title (all chapter titles are written as questions): Beginning, "What Has Awakened Your

Spiritual Desire?" Hesitation, "How Do You Approach God of the Universe?" Awareness, "What Is Your History with God?" Resistance, "What Is Holding You Back?" followed by, "Are You Ready to Be Honest?" Conversation, "What Has Prayer Been for You?" Attention, "How Do You Truly Wake Up?" Engagement, "Why Are Your Gifts Important?" and Love, "How Does Listening Express Love?" Wright's progression is based on the classic spiritual exercises of St. Ignatius of Loyola. This form of prayer involves listening as much as talking to God, trusting that the Holy Spirit is speaking to your spirit as you discern God's "consolations" as well as "desolations." God is for you, not against you. He wants to befriend you and work with your strengths. Some women traditionally have found the tone of Ignatian spirituality a bit too masculine for their life situations. So Wright tweaks the principles to be more attuned to feminine sensibilities. And it works as a "spiritual workshop for women." She notes, "Women should be free to bring their honest experience into this relationship...specific challenges that come with being women in the world."

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