



Simplify Your Spiritual Life: Spiritual Disciplines for the Overwhelmed

Donald S. Whitney , Richard A. Swenson (Foreword)

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Jesus faced incredible challenges and suffered agonizing trials, but there was simplicity in His relationship with His Father that we can emulate. And in that simplicity, we can realize our greatest fulfillment as believers.

If your Bible study seems tedious and your prayer life wearisome, stop and rediscover how rewarding the simple Christian life can be.

Simplify Your Spiritual Life: Spiritual Disciplines for the Overwhelmed Details

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Kathy says

This is a great follow-up to Whiney's book on the spiritual disciplines. It not only helps us to simplify our spiritual life but also to prioritise it as well. I Don't know about others, but I find myself feeling overwhelmed by the idea of practicing all the disciplines. This book shows how to avoid that. It also helps in simplifying other areas of life. Prioritising and simplifying are essential if we want to accomplish what we were created for. This book is a great tool in helping us achieve that. If you want to improve the quality of your spiritual walk, take time to practice the disciplines. If you need a place to start, I recommend beginning with Spiritual Disciplines for the Christian Life then following up with Simplify Your Spiritual Life.

Alan says

This is great book on Spiritual Disciplines. The title may sound light, but the content is not. The author takes many of the disciplines he discusses in his more comprehensive book "Spiritual Disciplines of the Christian Life" and puts them into bite sized, one or two page sections that can be read daily, or even weekly. For me, the reading on praying scripture was worth the price of the book.

Amanda Stevens says

Donald Whitney offers ardent, practical advice that is not legalistic and always Biblical.

Jerid Krulish says

Good book, refreshing and in short chapters. Nice to keep on the desk and read a page a day.

Joel Rockey says

This book is divided into nice little "bite-sized" chapters. Each chapter gives a practical (gospel motivated) way to simplify your spiritual life. I have enjoyed all of Donald Whitney's books, and this one is no exception. There are high and low points, which can be expected when an author is tackling such a broad topic. However, the high points in this book are awesome! Recommended.

Mark Barnes says

8/10 (very good): A helpful read, and effectively a practical simplification of Whitney's other works,

particularly Spiritual Disciplines for the Christian Life.

Mark Nenadov says

Having previously read and enjoyed Whitney's "Spiritual Disciplines for the Christian Life", I decided to read through this one. I expected a fair amount of repetition, and while there certainly was a fair deal of a common ground, I was pleased to find it quite a bit that is fresh and new as well.

Whitney shares great, practical advice. The advice is delivered in wonderfully short two page "chapter" segments that can be easily digested in a very short reading. There are a lot of good tidbits here. Whitney both encourages the reader to simplify in a number of different ways but also warns the reader against simplifying. The book covers life more broadly than you might think, and the discussion is not limited to a few isolated, stereotypically "spiritual" segments of life, it really covers life quite broadly.

Jan says

I went through this book as a daily devotion, taking one "chapter" per day. Much of the content is pretty obvious stuff, some good reminders, etc. Nothing earth-shattering. I found the journaling section really helpful, though, because I'm often stuck on "what" to put in my spiritual journal. The author provides some good prompts.

Guy Lancour says

One of the better books on spirituality. It is written in easily digested but powerful portions. He has taken the spiritual disciplines and connected the dots on how to not be overwhelmed but to simplify them in your life. Great book.

Marcia says

Simply organized in 200 brief (sometimes a page or less!) chapters, I learned many ways to approach spiritual disciplines for our times. With technology adding to life's stress, this book was timely in reminding me to focus on what really matters, and to avoid being overwhelmed in life to where I have no time for family, friends or let alone, God. Now if I can only apply what I learned!

Natalya says

I didn't expect to like this, but it is fabulous. Full of insight and practical ways to grow your relationship with God. I was kind of turned off by the title especially the simplify part. However his version of simplify is getting rid of needless stuff and adding more prayer, bible reading and redirecting your focus. Awesome Stuff

R.K. Goff says

It had a ton of good ideas, and it was broken up into easy to read sections. A good read.

Eric says

Excellent adaptation of Whitney's best-known book, *Spiritual Disciplines for the Christian Life*.

This breaks down the ideas of that book into short, easy-to-read chunks. Each "chapter" is no more than 2 pages and shouldn't take longer than 5 minutes to read. Great format to put the topics into application immediately.

Matt Mason says

Sound, simple, devotional, often very practical. This book is pretty unique in the range of things it's speaks to. It offers much help toward living life on purpose.

Brock says

3.2A - Spiritual Growth
