



Discovering Your Spiritual Center: The Power of Psalm 119

David Teems

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This book offers a powerful strategy for regaining, strengthening, and sustaining a devotional life. It presents a twenty-two day program based on Psalm 119 for finding or recovering your spiritual center. Along the way, you will gain a deep appreciation for this scripture and its power to sustain faith.

Following the structure of Psalm 119 (which uses the 22 characters of the Hebrew alphabet), *Discovering Your Spiritual Center* offers a twenty-two day strategy for change. The author writes: ". . . life asks impossibly difficult things of us at times, and too often we can lose our way." He guides readers through a study of the Psalm in its purest form, using the Hebrew language as the foundation of understanding.

With the eloquent imagery of David Teems, you will embark on a journey toward refreshed faith and deepened understanding. David writes, "We never quite get used to the darkness of our voyage, but the stars are dependable and true, and we find the confidence to move forward. . . . In discovering God, we discover ourselves. . . . Life is never the same again."

With full chapters devoted to readers who struggle with time constraints and the hassle of the everyday, *Discovering Your Spiritual Center* offers a Quick Start to rediscovery. This book shows us how to let go, trust and submit to God's Word, and abandon that which pulls us away from him.

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