



# Soundings: A Thematic Guide for Daily Scripture Prayer

*Chris Aridas*

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*Soundings* is a guide to reading Scripture as prayer and meditation. Organized around 52 themes, it offers 365 scriptural passages, together with spiritual commentary to facilitate personal reflection. The book affords freedom to pursue whatever themes/passages the reader wishes, in whatever sequence.

These rich meditations cover such subjects as: God's faithfulness and fidelity; love of neighbor; reconciliation with Christ; servanthood; lover and spouse; the power of the Cross; obedience; discipleship; forgiveness; new life. Father Aridas prepares the reader for their "journey" by outlining the importance of stillness and learning to listen to God's voice within us. "As Christian pray-ers," he writes, "we need to discover our own way, our own rhythm, remembering, of course, that the Lord's way is the guideline we follow--the way of death/resurrection...On this inner journey, therefore, the important thing to remember is not the *act* of prayer itself, but the relationship that is meant to develop with the Lord Jesus." It is essential, Aridas points out, that we have a set time and place to pray, free of distraction and worry, and that we be patient in the process. What makes this book essentially useful are appendices that provide examples of Scripture prayer, a spiritual/psychological explanation of the journey, and a reference section for locating familiar Bible stories.

*Soundings* is a book for lay people, students, retreatants, and indeed all praying Christians who are looking for a helpful guide in their journey of faith.



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