

?Read? ⇨ Pray Like a Gourmet Author David Brazzeal – Soccerjerseys-wholesale.co

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Imagine That Prayer Could Be Like Savoring A Fine French Meal A Flow Of Engaging Courses Featuring Creative Recipes, Infusing All Your Senses, And Enticing A Return For Is It Possible Yes Creative Doesn T Actually Do This Book Justice David Brazzeal Stirs Together A Love Of French Dining And His Innovative Prayer Practices With A Dash Of International Adventure To Concoct An Inspiring, Reinvigorating Prayer Experience Fun, Yet Profound, From Confession To Meditation, From Observing To Lamenting To Praising, This Book Is Full Of Practical Ideas Some Can Be Used Immediately To Spice Up Your Next Prayer Time Others Take A Lifetime To Master Some Can Be Used With Groups, While Others Work Well Throughout The Day I really wasn t expecting to like this one, I don t even remember why I requested it, other than maybe a vague Jesus is your jam, food is your jam, you can t not request this book knee jerk For one thing, the title It rhymes What s that about Also, book long metaphors hardly ever hold up they look good for two chapters, and by the halfway point you re ready to throw the book through the nearest window The book arrived, and there were all these colors and different fonts Oh, it was going to be a mess My first heart in the margin shorthand for love this is on the second page My first exclamation point good point review note is on the fifth, and it just never stopped I loved this book Brazzeal expertly uses his meal metaphor, drawing lines between lingering over or rushing through food or prayer, repetition versus exploration, alone or with friends, simple or elaborate It bears mentioning, he also knows when the

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Audrey, Wait!

Perfect You

Going Too Far

The Nature of Jade

Paper Towns

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Just Listen

The Truth About Forever

Along for the Ride

Lock and Key

This Lullaby

Keeping the Moon

North of Beautiful

metaphor doesn't stretch, and doesn't force it. Does your prayer life feel like you're eating the same food over and over every day, mixing the same ingredients but hoping for a new, enticing dish? We, too, can push back and engage in seeking authentic, calm, and refreshing nourishment for our soul. Each one of us, of course, with our own flair.^{7, 8} My initial reaction to the look of the book has fully turned on itself, too. Like a simple but carefully assembled meal, it is organized and beautiful but not distracting from the content. Swaths of watercolor highlight specific prayer ideas, while brief shifts in typeface and color draw attention to particular moments without overdoing it. My only real issue is that a font color frequently used is a soft golden yellow on white paper, difficult to see even with my reasonably unaged eyes. Possibly purposeful, meaning to slow you down to notice, but potentially problematic for some readers. With a brief intro on how he came to ponder and experiment in prayer so much, and a closing couple chapters on using these practices even when rushed, and bringing them into a group (*Eating on the Run* and *Dining with Friends*, of course), the majority of the book is organized by courses or types of prayer. Some are old standards, others equally established but less commonly practiced, but for all Brazzeal makes a solid case for the purpose and use of each. The weakest chapters, *Confessing* and *Asking*, are understandably so. *Confession* is a complicated thing to get into, especially trying to be as open to a potential reader as possible. *Asking* is, as he points out, what most people think of first when it comes to prayer, but his downplay of it comes off a little too strong just because it's an automatic response doesn't make it a bad one. But while the finer points of our theologies differ occasionally, it's never off putting his ideas, like good recipes, are made to be adapted. As I was thinking on this review, I could see two potential non-ideal reactions from a reader, both of which I started to have as I read. *This Is Too Much*. In the same way that few of us have time to prepare a seven-course meal every day for our loved ones, who has the time and energy for all of this? While Brazzeal hints at this, I wish he was a little blunt with it in both introduction and epilogue to continue the metaphor, no, you rarely make a seven-course meal. But, in an effort to keep things interesting, to learn and stretch and experience, you

Pride and Prejudice

The Last Song

Megan Meade's Guide to the McGowan Boys

That Boy

Bloom

Starlet's Web

Flipped

Twilight

Something, Maybe

The Time Traveler's Wife

Angus, Thongs and Full-Frontal Snogging

The Notebook

Ice in My Veins

Looking for Alaska

When It Happens

That Wedding

might have soup and a sandwich one night, a salad the next, steak and potatoes and pie after that You do a little of this and a little of that You have your favorites, and you have those that you don't always like, but you explore every once in a while just to play You try something new with an open mind You vary

2 This Is a Bunch of Eastern Religion Hippie Dippie Hoohah With chapters like Observing primarily but not exclusively nature and Meditating, I found myself starting to have a predictably American Christian reaction of ehhhhhhh this doesn't feel like me Here, Brazzeal does confront the issue head on, and well He gives brief examples of meditation from Scripture, and points out that meditation is a spiritual human activity like mourning, fasting, or praying, and is not limited to one religious group while remaining unavailable to others 103 Well done, well said. I'm looking forward to keeping Pray Like a Gourmet on my night stand with my prayer journal And turning to it frequently to stretch myself, to find new ways of communing with my God, since, as Brazzeal speaks for Him in his intro, Wasn't this supposed to be a relationship, just you and me not a group project 13 I look forward to using it to break me out of the routine, to step up and sit down at the table with my God and snack, share, feast. I'll wrap up with a blessing of sorts, from me and from David I highly encourage you to experiment and find out what works for you, but also to leave your comfort zone, to be open to trying things you never thought you were good at or even associated with prayer before 40. Disclosure of Material Connection I received this book free from the author and or publisher through the Speakeasy blogging book review network I was not required to write a positive review The opinions I have expressed are my own I am disclosing this in accordance with the Fedral Trade Commission s 16 CFR, Part 255. This book is a good introduction to meditation, to entering into a relationship with the mystery of God It is a gentle, readable and kind guide to prayer In fact it is to easy, to gentle Prayer is a relationship with a wild, restless God , and the God presented here is one who has been placed in the tabernacle The God introduced here is a domesticated God But over all it is is an introduction that can lead one into a relationship with God.. Rich resource David Brazzeal s Pray Like a Gourmet Creative Ways to Feed Your Soul is so much like a fine meal full of new treats and future

relishes in the Christian spiritual life of prayer Brazzeal offers a number of prayer recipes from his own experiences He describes many simple prayer activities designed to help one break out of his or her prayer time rut Throughout the process, the author encourages the reader to live with gratitude and to take note of the world in which we live Not since Richard Foster s Prayer which Brazzeal often cites have I read a better book on the various practices of Christian prayer, and Pray Like a Gourmet is filled with so much creativity that I could never do the book the justice it deserves in a review. Brazzeal advocates a number of different ways to practice prayer and meditation such as walking through the park and taking note of the people you see, doing a museum meditation at the local museum of art, or a forest walk to nurture a sense of wonder, praise, and gratitude Just a quick glance at the Table of Contents reveals so much creativity to the Christian life of prayer, that there s no chance anyone who hears and lives Brazzeal s wisdom here will be bored in prayer. That s not to say Pray Like a Gourmet is an easy book Because it s filled with the challenge of maintaining a relationship with God From praising, thanking, confessing, blessing, observing, meditating, asking, interceding Brazzeal has given us so much to practice in our praying This is a beautifully illustrated book that will not only find its way to my bookshelf, but will be a book I return to again and again in nourishing that relationship with God. The psalmist encourages that we taste and see the goodness of God Psalm 34.8 Pray Like a Gourmet demonstrates just how true that is. I received a free copy of this book from the publisher, as part of the Speakeasy book review program, in exchange for my honest review here. Prayer is relationship It is important to spend time enhancing our relationship with God We can get in a rut in any relationship and can need a refresh Pray like a Gourmet is definitely refreshing I was initially concerned about the association with food If you think about it though, food is one of our basic needs like love and relationship, so we can all relate easily to this analogy I like the mix of traditional and creative prayers with a simple or complex mode according to your wants and needs in your prayer life You can literally use your whole self mind, body and spirit and all your gifts and talents as a gift to God in prayer. One of my favorite parts of the book is the analogy in the introduction

about a meal in France versus American fast food and our prayer life Mr Brazzeal teaches how to savor our time with God and give him the best of ourselves and also that we can be real with God The format of the book is interesting, such as part two which describes types of prayers, with biblical references and lots of examples Types of prayers discussed are Adoration, Confession, Thanksgiving, Petition, Observation, Intercession, Meditation, Contemplation, Blessing, Lamenting, and Joining There are Catholic undertones and sometimes it is even explicit with confession and saints, etc One thing I did not like is that the words of importance that are supposed to summarize and stick out to you are in light yellow print I think a bold darker color would have been effective but it did cause me to have to look closely The author makes his home in France, has lived in Brazil, and has worked in Guadalupe and Quebec The description in his biography includes all his work is inspired by the organic fusion that exists between the spiritual and the creative In chapter two, Brazzeal tells us Several religions practice specific food restrictions and fasting as spiritual reminders. Also that, Abstaining from physical food can play a powerful role in creating a hunger and receptivity for spiritual food. There is a lot of food analogies in organized religions and specifically Catholicism in the Eucharist. I would recommend this book to you to enhance your prayer life The book is very visually appealing with tons of prayer ideas You can take your time reading the book as you try all the great suggestions Let yourself be challenged as you grow spiritually and closer to God. I picked up this book at the library this weekend, and finished it in 2.5 days time I thought it sounded interesting, as it is about two things I love, Jesus and Food Using metaphors of food, Brazzeal discusses different practices of prayer and time spent with God and how to enhance your prayer life It definitely had some creative ideas, some that I will be trying out, and some that were a bit off the wall in my opinion It was a decent read overall, and if you are in need of improving your prayer life, I would recommend it. Using the metaphor of food for prayer, author David Brazzeal wrote this book to help readers re imagine prayer in the same way that living in France and sampling French food has changed his own understanding of prayer Throughout his book, Brazzeal gives readers a taste of different ways of praying He includes ancient practices like

lectio divina and the Jesus Prayer, but I found myself most drawn to his other creative ways of praying See my review How to Get More Life in Your Prayer Life. David takes the simplicity of gospel and makes it come alive in a most imaginative way Using metaphors of food, he leads the reader through practices of prayer and time with God that enrich our relationship with the Father Pray Like a Gourmet is written for the seasoned follower of Jesus but also for those who are new to the faith I was thrilled to be able to read an advanced copy I absolutely recommend this book to you who want to deepen their faith. The book is a glorious 12 course meal, part recipe book and part inspiration I would recommend it to anyone whose food intake has become bland, processed or limited to rote David will definitely kick start your taste buds.



