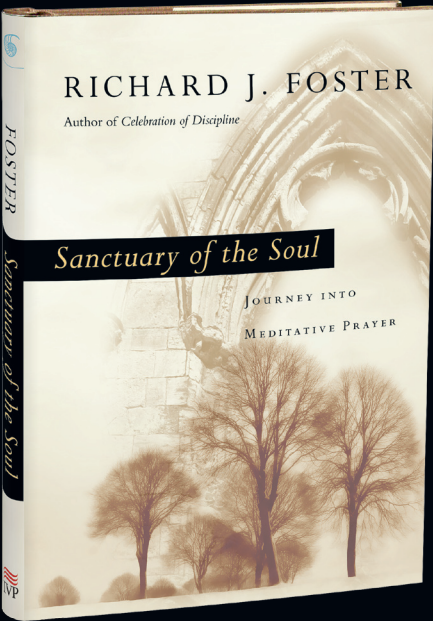


160 pages, hardcover, 978-0-8308-3555-3, \$16.00

# A LESSON in STILLNESS



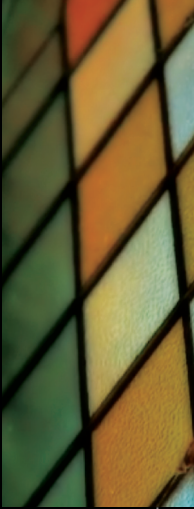
With the clarity and practicality that have marked his best works, Richard Foster equips Christians to embark successfully on the journey of meditative prayer. Featuring short chapters on the method of meditative prayer, insights from classical Christian writers and reflections from Foster’s own extended experiences of prayer, *Sanctuary of the Soul* provides much-needed bearings for Christian spiritual practice today.

- Provides biblical support for the classical Christian practice of meditative prayer
- Describes Foster’s experiences with extended prayer in three narrative chapters
- Includes a “potpourri of questions” section addressing common hang-ups

RICHARD J. FOSTER (D.Th.P., Fuller Theological Seminary) is founder of Renovaré in Denver, Colorado. He is the author of many books, including *Celebration of Discipline: The Path to Spiritual Growth*, which has sold over two million copies worldwide, and *Freedom of Simplicity*.

“Richard Foster has taught me more about prayer and living faithfully than just about any other living author.”

—LAUREN WINNER



PRESS KIT



TO REQUEST REVIEW COPIES OR TO SCHEDULE AN INTERVIEW,  
CONTACT THE INTERVARSITY PRESS PUBLICITY TEAM.

Suanne Camfield  
Print Publicist  
scamfield@ivpress.com  
630.734.4012

Krista Carnet  
Broadcast Publicist  
kkcarnet@ivpress.com  
630.734.4013

Adrianna Wright  
Online Publicist  
awright@ivpress.com  
630.734.4096



# The FORGOTTEN ART of PRAYER

Thirty-three years ago, when Richard J. Foster's *Celebration of Discipline* was first published, few evangelicals knew that Christianity was host to a long tradition of meditative prayer.

Since that time, *Celebration of Discipline* has been hailed as the best modern book on Christian spirituality, and over a million people have been exposed to the idea of Christian meditation.

But who knows how to practice it? The difficult truth, in the words of Elizabeth O'Connor, is that "churches have no course on meditation, it is an art that must be learned from those who have mastered it."

Now, with the publication of *Sanctuary of the Soul*, Richard Foster steps forward to bridge the gap of experience—offering readers a private lesson in the forgotten art of prayer.

*"This book, in some ways," says Foster, "has been a lifetime in coming."*

- What is meditative prayer?
- Is meditative prayer a Christian practice?
- How do I get started if I've never done it before?
- How can I be sure that I am hearing the voice of God?
- Does meditative prayer exclude the active life?

Providing direct counsel on these questions and more, Richard Foster's *Sanctuary of the Soul* demonstrates why meditative prayer is one of the church's most precious assets in this moment of widespread distraction.

---

*"Richard Foster does again what he does so well . . . makes us firsthand participants in the church's practice of a life of meditative prayer."*

—EUGENE H. PETERSON,  
translator of *The Message*

# ENTERING *the* SANCTUARY