



# Sacred Chaos: Spiritual Disciplines for the Life You Have

*Tricia McCary Rhodes*

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## **Sacred Chaos: Spiritual Disciplines for the Life You Have** Tricia McCary Rhodes

Life is often chaotic. And no matter how hard you try to find space, to slow down, the chaos always seems to win.

Tricia Rhodes's life is chaotic too. But in the midst of a time of household turmoil, Tricia learned to see God and communicate with him in whole new ways--not on a spiritual retreat, but right in the midst of the chaos of life. She offers us here a fresh view of connecting to God, one that focuses on quality time and frees us from the rigidity of a devotional life that may feel stifled, grow stagnant or bring about guilt when we can't keep up.

These pages will help awaken you to the reality of God's presence in your life--just as it is--providing new ways to pray, to listen to God, to view others the way God sees them, to be guided by God. Ideas at the end of each chapter and suggestions for prayer experiments give practical suggestions for connecting with God and noticing his work throughout each day.

God is not afraid of chaos. If a chaotic life has you running, let Tricia's words offered here help you run to God in the midst of it and discover the ways he can turn even chaos into something sacred.

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