



He Restores My Soul: A Forty-Day Journey Toward Personal Renewal

By Jennifer Kennedy Dean

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According to Jennifer Kennedy Dean, "God's people are 'silver'-they are the most malleable, the most resistant to corrosion, the most reflective, and the best conductors of power." In her 40-day program for spiritual renewal, Dean assists readers in discovering their potential for an inner transformation that will make them sensitive to God's shaping hand. Based on biblical precedents, *He Restores My Soul* guides readers toward quiet moments of worship called "retreats"- special times in the presence of God when the soul and self can be revitalized. By emphasizing the importance of Scripture, quiet reflection, listening prayer, and worship, Dean helps Christians become pure as silver. Only then can they reflect the true glory of God.

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- Sales Rank: #157712 in Books
- Brand: B & H Publishing Group
- Published on: 1999-09-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .44" w x 6.06" l, .59 pounds
- Binding: Paperback
- 192 pages

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Brian Bauer:

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