



Water, Wind, Earth & Fire: The Christian Practice of Praying with the Elements

Christine Valters Paintner

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Organized around "The Canticle of the Creatures" by St. Francis of Assisi, "Water, Wind, Earth, and Fire" is the first book to consider the ways in which praying with the natural elements can enliven Christian spiritual life. Paintner offers concrete suggestions and guided contemplative exercises; for instance, Paintner suggests that readers take time to "watch the sunrise or sunset and breathe in the beauty of the fiery sky. Contemplate what those beginnings and endings have to say in your own life." Readers benefit from Paintner's extensive training in theology and Benedictine spirituality, as well as her unique work in bringing the expressive arts to spiritual direction.



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