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Journey to the Heart: Centering Prayer for Children

Frank Jelenek

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This new resource has been declared Nihil Obstat and Imprimatur by William B. Smith, S.T.D., Censor Librorum and Dennis J. Sullivan, Vicar General, Archdiocese of New York
Millions of books have been sold, teaching adults the practice of centering prayer. Finally, a guide for children!

Centering prayer is a way of opening our whole being to God, beyond thoughts, words and emotions. It is simple and practical—a way of preparing heart and mind to receive the gift of intimate relationship with God. Jesus said, “When you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will reward you.” (Matthew 6:6)

Frank Jelenek shows young children just how to do that. The first guide to a contemplative prayer practice for children, *Journey to the Heart* both instructs and inspires. Many parents and teachers will learn from this colorful treasure of a book, as well! Until now, parents and teachers had no resource available to introduce children to the joys of communicating with God in this special, intimate way.

This loving book makes it easy for children to share in the spiritual nourishment of centering prayer through age-appropriate illustrations and text that provides clear directions and encouragement in simple, fun language. Ideal for ages 3 – 10.

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