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Out of the House of Bread: Satisfying Your Hunger for God with the Spiritual Disciplines

Preston Yancey

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Spirituality needs fresh meaning. Even the disciplines of the Spirit have gotten covered with dust and lay unused by Christians. It is time for spirituality to get fresh meaning in our world and with God's people.

In *Out of the House of Bread* author Preston Yancey leads us in a new direction of spirituality through the symbolism and experience of the spiritual disciplines made plain by the baking of bread.

The benefits of this book of devotion include: Finding a nearness to the holiness of God. Feeling and experiencing the forgiveness of God. And learning again the disciplines of celebration, confession, and conversion. Each chapter pairs a spiritual discipline or practice with a baking discipline. You will encounter ancient practices such as the prayer of examen, lectio divina, intercessory prayer, icons, and stillness.

Yancey shows how, like in Brother Lawrence's kitchen in *The Practice of the Presence of God*, that when you lift up your hands to God and pray, God will show up right there in the midst of your work and livelihood while you bake.

Out of the House of Bread is a glorious celebration of the sacraments and the seasons of God, meant as reminders and symbols to take us to God in worship. An appendix, about gluten-free and vegan bread and the spirituality involved,will close off the book.

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