



# Thirsty for God: A Brief History of Christian Spirituality

*Bradley P. Holt*

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## **Thirsty for God: A Brief History of Christian Spirituality** Bradley P. Holt

This accessible and engaging history provides an excellent primer on the two-millennium quest for union with God, a "thirst" at the center of Christian life and practice. Holt traces the practice of Christian devotion, prayer, and contemplation from the biblical and influential early periods through the diverse insights of the Reformation and modern eras. Globally framed, the book also highlights the contributions of women and people of color. This new edition not only updates all the chapters and features but also adds more material on the spirituality of Jesus, medieval women mystics, and contemporary spirituality. Short excerpts from primary sources, a glossary, a timeline, a bibliography, and a set of spiritual exercises heighten the book's usefulness for students and lay persons alike.

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