



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

Preston Yancey

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Our spirituality needs revival, but the disciplines of the Spirit often go covered with dust, lying unused by Christians because they feel too much like rules. But what if they weren't rules? What if they were conversation starters? Invitations to discover God right now, today?

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

The benefits of this book of devotion include: finding a nearness to the holiness of God and feeling and experiencing the forgiveness of God. You'll learn again the disciplines of celebration, confession, and conversion, encountering new avenues of prayer along the way. Each chapter pairs a spiritual discipline or practice with insight to the baking of an extraordinary loaf of bread. Readers encounter ancient practices such as the prayer of examen, lectio divina, intercessory prayer, icons, and wonder.

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 forms of prayer to take readers closer to God in worship. An appendix about gluten-free and vegan bread and suggested reading and artwork for contemplation complete the book.

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

Date : Published January 26th 2016 by Zondervan

ISBN : 9780310338864

Author : Preston Yancey

Format : Hardcover 176 pages

Genre : Nonfiction, Religion, Christianity, Spirituality, Faith, Christian, Christian Living



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Spiritual Disciplines Preston Yancey

From Reader Review Out of the House of Bread: Satisfying Your Hunger for God with the Spiritual Disciplines for online ebook

Michele Zuniga says

Baking Bread

Baking bread and the spiritual journey may be close enough for a metaphor but in my opinion too much for an entire book. It was a struggle to finish.

Jamie Holloway says

Love.

Andi says

This is one of those books that I will come back to over and over again as I think about prayer and fasting, silence and celebration . . . and when I want to make really awesome bread again. Beautiful, powerful, profound

Nancy Moffett says

This is a book I will read again, slowly to try some of the suggestions for spiritual disciplines. I may even make bread following his recipe. The king needs of thoughtful writing i enjoy

WhizKid says

The author got me at the 'foreword' intro. "All my favorite stories are, essentially, stories about God or stories about food, and the very best are stories about both."

A good book for me, not always, indicates many post-it tabs sticking out of pages.
I absolutely devoured this book like a bowl of yummy porridge.
Every analogy/connection made to baking process, I enjoyed it. I loved that Preston could find divinity in his passion/hobby.

Some of quotes I marked:

"Too often, prayer is either presented as a wish-making transaction in which an amount of piety is traded for the price of a miracle..."

Intercessory prayer is not to barter God into doing what we want, it's something much more prayer. It is

how we talk with God and ask for help for ourselves and on behalf of others.

Persistence of the woman who seeks justice that is commendable...

I don't think God ever says no when we ask for help, but perhaps God says not this way or not like this.

God wants conversation that's not all supplication and fear and bowing low. He wants anger. mess. all the rough edges of us over and over and over so that the Spirit can rush over them again and again and soothe and smooth and comfort.

Get your body in the thick of prayerful labor. Let prayer get in your bones, in your limbs, the way dough and its feel indents itself against fingers and bowls and teaches you its secrets by its touch.

If you ask yourself to see something new in someone you have known a long time, it might surprise you what you find. The person becomes mysterious in a way, exciting and unexpected.

God is not ashamed of God's creations- our bodies

Give yourself permission this week to go slow, to walk tender, to take in only as much as you are compelled to do. Slow down. Notice. Be Marvel.

end result doesn't have the same kind of beauty of form and substance (to live without Holy spirit)

Too often we don't want to admit there is suffering here and now, and such suffering is not abolished by claiming some abstract hope or attaching Jesus to every situation like he is a Band-Aid. The great physician does not heal with fairy dust or sleight of hand. Instead, he/she comes into the place of the broken, sets limbs and badges eyes, but does not deny the pain of the process, the grief of the loss, the strain of pushing through one more day.

ask the Spirit to reveal to you places in your heart you may have been ignoring or not considering fully. Don't be surprised if what turns up is a bit small, seemingly insignificant. What was hidden for a time, like bread in our oven, emerges well-formed, beautiful in its time, ready for the feast.

Observe a day of silence

When we forget to savor, to taste the goodness of the thing, we pour our effort to shame. Sometimes we need to remind ourselves to go slow, to truly taste, to learn the bittersweet of yeast and the salty burn of crust.

Seek ways to include new faces, voices and perspectives at your table. brave the step of seeking a place at theirs. In the former, make generous room to allow others to be treated with reverence, in the latter, make generous room in yourself to speak little, listen much, wonder and ask and learn.

Dutch oven is the shiznit!

Rachelle Sperling says

I fell in love with Preston Yancey's writing last year when I read his memoir *Tables in the Wilderness*. He is a beautiful writer, drawing his reader into a conversation full of curiosity and invitation. So when I saw he had written a book on spiritual disciplines I was intrigued. As a Spiritual Director I love introducing people to new ways that they might connect with God, but as the informational blurb states many people are skeptical seeing the disciplines not as an invitation, but as a rule or a burden.

I think Yancey did a masterful job of inviting the reader to see the historical Christian spiritual disciplines from a fresh angle. I loved how he wrote for a variety of different readers, even explaining how a believer comfortable with liturgical practices might see icons in a traditional sense and how a believer who has no familiarity (or level of comfort) with icons can actually find icons that invite them to ponder God as close as the cup in their hand or the bowl in their cupboard.

The pairing of the act of baking bread with the exploration of the spiritual disciplines was another creative way to invite the reader to enter into the process of discovery. These aren't things to merely be pondered, but things meant to be lived. There is a tactile aspect to our discovery of God in our every day life and each chapter not only gave spiritual exercises, but also baking instructions as another way to move into reflection.

I read through this book at the same time as several of my friends and really enjoyed our discussions on each chapter and the way that it impacted us individually. All in all, I loved the book and recommend it.

I received a free pre-release digital edition of this book in exchange for my honest review, however, I also purchased a hard copy as a welcome edition to my library.

Whitney Krusee says

I can't wait to go through this book again. Lovely book on bread making and spiritual disciplines.

Joan says

Full disclosure: I received a free e-galley through NetGalley, in exchange for an honest review.

Mr. Yancey's book includes devotions based on spiritual disciplines to deepen our relationship with the Creator. Along with this, he includes the ritual of making bread on a weekly basis to coincide with the disciplines. An excellent appendix follows the text that includes alternative recipes and suggested reading. One of my favorite quotes from the book is:

“Spiritual disciplines are kinds of prayer, and when you find yourself in the middle of a season where nothing spiritual seems to matter and nothing feels like it's working, having something new to try, a different perspective, a new way of telling God you're in need or you're lonely or you're just fed up can feel like a lifeline. It can be a lifeline.”

Recommended for public libraries and academic libraries with Christianity collections.

Monique Daly says

Breath Taken

I love everything about this book. The Holy walk, the lovely recipes, the wonderful insights, the revelations are astounding. You can be a new Comer, an old traveler or a lost soul trying to find you way, this book will help you, delight you, inspire you to journey on. Take the walk...read this book. GOD Bless

Hadyn says

This review was updated and published here: <https://thebreadmaiden.com/2016/06/15...>

I thought this book was okay. It was hard to figure out what kind of book it was trying to be. Is it a faith memoir, a la Glennon Melton, Sarah Bessey and Rachel Held Evans? Was it about the meaning of bread? Was it about faith and baking? Is it about following the disciplines? is it a devotional? Am I supposed to learn anything about the bread recipe or process besides just baking it over and over? He spends too much time talking about walking on the path he took into town when he lived in Scotland. Where his writing really shines is in the Feasting chapter when he talks about the death of his grandfather and baking a pie that he then shares with his father. The chapter is so restrained and yet it conveys so much. I wish there were more vignettes like that. The structure reminded me of Rachel Held Evans's new book, but she really expanded and pushed the idea of the various sacraments that framed her narrative. It seemed like Yancey's spiritual disciplines framework didn't really work as well as it could have, or maybe he was forcing it too much. I cringed a bit when he likened the dutch oven to a tomb in the baking and fasting chapter. I hesitate to say this but I wish he had waited a year and published this book, to see what he might add. It seems like he chose not to share his really deep life experiences in this book, where they would have strengthened it. Like Rachel, Preston has written two memoirs so maybe I can anticipate another one.

Candy Shepard says

This book worked hand in hand with the Bible Study FINDING I AM that I had finished recently. Completely unexpected, they are very compatible. Regardless, this book is a treasure to behold. Yancey's conversational yet instructional tones pack a punch of wisdom to savor and to return to again and again. Most importantly, he reminds us that we are not in this journey alone, and we are to mimic Jesus: our table should be filled with unexpected guests and we should always be looking for ways to honor others and bring them back with us. In the midst, there is the Good Shepherd, always with us, delighting in us.
