



A Book of Sparks: A Study in Christian Mindfulness

Shaun Lambert

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An extended introduction into the universal human capacity for attention and awareness through what the author calls 'mindFullness'--the practice of being filled with the awareness of the presence of God.

In this second edition of *A Book of Sparks*, Shaun Lambert offers an extended introduction into the universal human capacity for attention and awareness, known in the world of psychology as 'mindfulness.' Shaun shows how biblical awareness and attention overlaps with secular mindfulness, and has distinctives. Transformation comes through what Shaun calls 'mindFullness'--the practice of being filled with the awareness of the presence of God.

This new edition contains a more detailed introduction and a thought-provoking, practical study guide. It enables us to go deeper on our spiritual journey of transformation through a 40-day study examining the watchfulness modelled by Jesus in Mark's gospel. The writer demonstrates how God can transform us as we develop our own watchfulness, and highlights key contemplative practices such as the Jesus Prayer and Lectio Divina. It is an invitation to mindful reading and living.

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