

## **Rhythms of Grace**

*by Tony Horsfall*

'Are you Tired? Worn Out? Burned out on religion?  
Come to me. Get away with me and you will recover your life.  
I will show you how to take a real rest  
Walk with me and work with me – watch how I do it  
Learn the unforced rhythms of grace  
I will not lay anything heavy or ill-fitting on you  
Keep company with me and you will learn to live freely and lightly.'

These words are the theme of this book, the different chapters in the book enabled me to discover chapter by chapter the areas in my life that I needed to slow down and come to Jesus.

The first few chapters prompted me to spending time with Jesus, to be still and slow down my pace, to listen quietly to what Jesus had to say to me.

The book does give the opportunity to study this in a group, and there are notes at the back of the book with study help and questions for group discussions, but I personally preferred studying it on my own, as I found I wanted to be quiet and still.

If you are wanting direction in your life and need to slow down this book is a must to read as it sets the pace and brings you down from a busy hectic life to realizing that what you really need and what Jesus wants for you is time to listen to Him.

Stillness Silence and Solitude is the key words in this book.  
Hope you enjoy it.

*Review by Sharon Shearer*