



Be Transformed: The Healing Power of the Sacraments (Paperback)

By Bob Schuchts

Ave Maria Press, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book. Based on more than thirty-five years of experience as a therapist and decades spent leading retreats, Bob Schuchts shows how the seven sacraments can transform your perspectives and wellbeing in ways you ve never imagined. You ll discover that each sacrament can help you heal from wounds that can impede your relationships and sense of selfworth. With Schuchts s gentle help, you ll learn how: * Baptism can heal feelings of rejection. * Confirmation gives courage in the face of powerlessness. * Holy Eucharist reminds you that you are never abandoned. * Reconciliation releases you from the clutches of shame. * Holy Orders restores faith in God s providence. * Marriage can heal wounds of mistrust. * Anointing of the Sick cures hopelessness. Be Transformed offers all of the tools you need to understand, undergo, and implement a fresh understanding of the sacraments, including reflection questions, scripture meditations, prayers, and inspiring stories. You ll come away hungry for the sacraments in a way you never knew possible.



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