The English English reader notices from page 1 that this is an American English book. So, at the head of this review comes a warning - don't be put off! Eugene Peterson is an authoritative voice among English speaking Christians in the 'spiritual theology' field and he is well worth listening to.

This book, which is delightfully written, holds together prayer and the Bible in a compelling way. For Peterson, prayer is the breath of the Christian and scripture is the oxygen in the atmosphere she breathes. The central section of the three into which the book falls is also the heart of it - "Lectio Divina". Lectio, Meditatio, Oratio, Contemplatio - Reading, Meditation, Prayer, Contemplation - all cease to be lifeless definitions of a mechanical process and come to life as a vital pilgrimage for the Christian disciple.

So - buy Eat This Book - and eat it!

Anselm SSF
The art of spiritual reading (Lectio Divina) is something that will take me the rest of my life to learn, but Eugene Peterson is a welcome friend on the journey. I highly recommend this book to anyone who desires to really dive into the Story of God. The author speaks from an obvious life of reading spiritually! See more. nathanshaver, December 3, 2008. Written by a customer while visiting librarything.com. 0 0. Average rating:5 out of 5 stars, based on 0 reviews. great primer for those Eat This Book (2006) is the second book in the series. Peterson informs the reader about the importance of how we read the Bible and not just that we read it. This isn’t a book written by someone growing in the “art of spiritual reading”, nor penned by a person who knows the topic in theory but not reality. Peterson has lived his topic for decades and again displays his typical ability to write theologically wide and deep thoughts that are digestible and real.