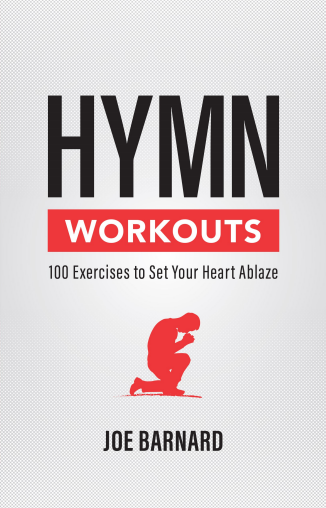
Hymn Workouts

100 Exercises to Set Your Heart Ablaze

Joe Barnard

RELEASE DATE 09 SEPTEMBER 2022



RELATED TITLES

DESCRIPTION

Many of us feel like our spiritual growth has stalled. Often the problem of stagnating faith is down to one simple fact – we all have a bias towards ease. Our spiritual routines are easy: passively reading our Bibles and a few distracted minutes spent in prayer. This book of spiritual workouts is meant to push complacent souls back out into the space of exertion and discovery. It will engage and sharpen the faculties of the mind – memory, imagination, intellect, conscience and will.

MARKETING POINTS

For people whose spiritual life has stagnated

Grow in spiritual fitness

Workouts include Bible reading, hymn, Scripture references and meditation questions

AUTHOR

Joe Barnard is the pastor of Holyrood Evangelical Church in Edinburgh and the executive director of Cross Training Ministries, a discipleship ministry focused on training men in spiritual fitness. He is also the author of 'The Way Forward: a Road Map of Spiritual Growth for Men in the 21st Century'. Joe is married to Anna. They have four children.

ENDORSEMENTS

Not only does this book help us rediscover the beauty and splendour of our God through the treasured hymns of the past, but it reconnects our weary hearts to a steady rhythm of Scripture that pumps life into the soul.

Jason Nelson
Pastor and Music Leader, 20 Schemes

Fitness doesn't happen by accident – physically or spiritually. In this book, Joe Barnard gives the equivalent of 100 spiritual WODs (workout of the day) that will stretch and challenge anyone willing to do them. These workouts are valuable in every respect (1 Tim. 4:8). Pick one up and get after it!

Tyrell Haag
Senior Pastor, Pineland Baptist Church, Burlington, Ontario, Canada

If you want to kindle your love for God, read this book. It is a steady flame that will reignite your candle of faith, set ablaze your torch of vision, and warm a cooling heart.

Jordan Loftis
Bestselling author and president of Short Daily Devotions

This wonderful work takes the lyrics our hearts love to sing and pairs them with reflections that helps our minds meditate deeply on the truths contained within. I trust the devotional aspects of the book will enliven its doxological heartbeat.

Matt Boswell
Pastor, The Trails Church, Celina, Texas; Hymn writer

TECHNICAL DETAILS

TRADE PAPERBACK
256 Pages

ISBN 9781527108929
BISAC REL012120
PRICE £8.99 $12.99