



# **Echt und stark: Kraftvoll glauben - Tiefgang finden (Edition Aufatmen) (German Edition)**

*Thomas Härry*

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Christen, die sich in ihrem Dienst verausgaben und gesundheitlich darunter leiden, kann Thomas Härry lange Zeit nicht verstehen. Bis er selbst an unerklärlichen Schmerzen und Angstattacken leidet. So beginnt für ihn ein langer Prozess, in dem er seinen Glauben gründlich unter die Lupe nimmt.

In seinem Buch erklärt der Autor einfühlsam und gut verständlich, dass geistliche Reife dort entsteht, wo emotionale Gesundheit und geistlicher Tiefgang zusammen kommen. Er berichtet von seiner Reise zu einer Beziehung mit Gott, die echt und stark ist. Echt, weil sie unter die Oberfläche blickt und der eigenen Vergangenheit, den Schwächen und Wunden nicht länger ausweicht.

Stark, weil der Glaube ein festes Fundament und gesunde Ausdrucksformen gefunden hat. Dazu gehören die regelmäßige Bibellese, das ehrliche Gebet, die Abhängigkeit vom Heiligen Geist, die Einbettung in tragende Beziehungen etc.

Ein hilfreiches Buch für alle Christen, die einen ehrlichen Glauben mit Tiefgang finden wollen!

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