



Geistliche Verschnaufpausen: Kurze Andachten für jeden Tag (Konkrete Liturgie) (German Edition)

Matthias Effhauser

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Inmitten eines streng durchstrukturierten und häufig stressigen Alltags brauchen Menschen Verschnaufpausen, die es ermöglichen, zumindest für kurze Zeit die Blickrichtung zu ändern. Deshalb bieten immer mehr Gemeinden Auszeiten an, gottesdienstliche Kurzformen, die unter den verschiedensten Bezeichnungen zu finden sind: als Früh- oder Spätschicht, Mittagsgebet, Gebet "5 vor 5".

Matthias Effhauser, erfahrener Gemeinde- und Rundfunkpfarrer, stellt solche kleinen geistlichen Unterbrechungen im Tagesablauf vor: Kurze Andachten, die zumindest für einige Augenblicke die Gelegenheit anbieten, sich auszuklinken, um anderen Gedanken nachhängen zu können. Eine geistliche Atempause, die den Leser auf die Seite nimmt, kurzweilig, aber nachdenklich - auf ein Wort.

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