

CONTENTS

1. Wired Souls in a Digital World	1
 PART ONE: LECTIO	
2. Slow Reading and Deep Thinking	17
PRACTICE: SLOW READING	35
3. Eat This Book	41
PRACTICE: RECEPTIVE READING	63
PRACTICE: RETENTIVE READING	67
 PART TWO: MEDITATIO	
4. May I Have Your Attention, Please?	73
PRACTICE: GOD-FOCUSED DEEP BREATHING	87
5. Meditation—the Laboratory of the Soul	93
PRACTICE: BIBLICAL MEDITATION	109
 PART THREE: ORATIO	
6. Praying the Texts of Our Digital Lives	119
PRACTICE: EXAMEN REGARDING CORRUPTED DESIRE	133
7. Alone . . . Together	139
PRACTICE: A BRIEF AND PRAYERFUL ASSESSMENT	157
PRACTICE: TABLE-TALK CONNECTIONS	161
 PART FOUR: CONTEMPLATIO	
8. The Contemplative Life	167
PRACTICE: CONTEMPLATION IN SOLITUDE	187
PRACTICE: CONTEMPLATION IN ACTION	193
A Final Word	197
Acknowledgments	199
Notes	201