



The Yoke of Jesus: A School for the Soul in Solitude

Addison Hodges Hart

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The Yoke of Jesus is an introduction to spiritual discipline, emphasizing the individual's devotion to Jesus. The thirteen chapters of The Yoke of Jesus explore the meaning of faith, our need for stillness and solitude, how we should read, how we must engage nature, how we ought to pray the Psalms, and much more. / Addison Hodges Hart works to deepen our understanding of essential spiritual disciplines, explaining them in terms both ancient and contemporary. The book is at once informative and pragmatic in its approach, grounding the disciplines in Scripture and patristic sources and making them relevant for Christians of the twenty-first century. Hart's vivid and intelligent language highlights the wisdom found here.

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