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Hidden Springs of Hope: Finding God in the Desert of Suffering

Mary Caswell Walsh

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How do we pray when we are hurting and don't feel like praying?

How do we find a way to God when God seems distant?

Whether our suffering is physical, mental, spiritual, or all of the above, when we are in pain, prayer can be difficult. Mary Walsh believes we can learn from those who have found light in their experiences of darkness and peace in the midst of their pain.

Drawing from her experience as a therapist, counselor, and hospital chaplain, Walsh presents here a collection of inspirational stories about real people who have "blossomed in the desert." Their stories inspire both courage and hope and offer insight into how we can welcome the Spirit of God into our own suffering. Along with the stories, she includes a reflection and spiritual practice, providing a variety of ways for entering into prayer and connecting with God.

Mary Walsh knows it is easy to get lost in the desert, to feel alone and depleted, but she reminds us that every desert has its hidden springs. It is her prayer that we will find the healing waters of God's love, and that we, too, may blossom in the desert.

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