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# Our Lives As Torah: Finding God In Our Stories



## Synopsis

In this powerful book, Carol Ochs shows us how to develop a personal theology by examining our life stories, learning to recognize God at work in them, and bringing them into conversation with Torah. Using timeless biblical texts as lenses to see the present, she helps us understand who we are and who God is for us by exploring the tightly interwoven basic elements of our lives--our love, suffering, work, bodies, prayer, community, and experiences of death. Through the process of seeing our experiences in relation to Biblical stories, we begin to recognize our lives as part of the ongoing story of the Jewish people--as Torah. This insight allows us to see these experiences as meaningful, not accidental, and opens us to recognizing God's power in and through all that happens to us. Rather than a collection of random events, our lives are part of the Jewish people's ongoing adventure. Armed with our personally shaped theology, we can face this adventure of living in the vanguard of history with awareness and confidence.

## Book Information

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## Customer Reviews

Our Lives As Torah instructs Jews on how they can adopt and develop a personal theology by connecting their life stories with the larger history of the Jewish people. From the Torah's central themes and its connections to personal spiritual experiences to Biblical foundations for living, this makes some important points on living a life with knowledge of Jewish history and meaning.

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