

Books on Christian living and spiritual growth – *list 2*

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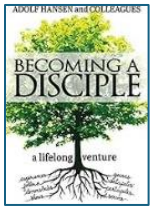
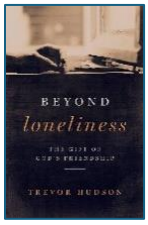
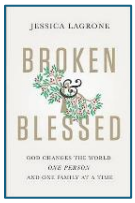


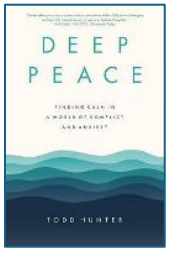
BECOMING A DISCIPLE: A LIFELONG VENTURE (815122) Author: Hansen, Adolf, editor. Eight United Methodist clergy explore a definition of 'disciple.' Each writer looks at one aspect of what it means to be a disciple of Jesus Christ: 1) Experiences the forgiveness and acceptance of God; 2) Follows the life and teachings of Jesus Christ; 3) Demonstrates the fruit of the Spirit; 4) Shares in the life and witness of a community of disciples, including baptism and the Lord's Supper; 5) Serves in some form of ministry every day; 6) Participates in God's suffering and transformation of the world; 7) Anticipates a future life in the presence of God; 8) Yearns to lead others to become disciples. The second part of the book describes various processes we may go through as we pursue the venture of a lifetime: Begins at one or more points; Continues to other points; Engages with points in unique ways; Develops through a lifelong process. 157 Pages.



BEYOND LONELINESS: THE GIFT OF GOD'S FRIENDSHIP (816110) Author: Hudson, Trevor. Trevor Hudson explores how friendship with God can transform your life. Chapters: An invitation to transforming friendship; Living beyond loneliness; God's passionate longing for friendship; Getting to know our Friend; Understanding prayer as deepening friendship; Looking outward together; Exploring our Friend's address book (bread and wine, where two or three gather together, the least of these); discerning what our Friend wants us to do; Facing our fears with our Friend; Asking our Friend the hardest question; Blessing others as our Friend has blessed us; A closing invitation. Larger than average print. 127 Pages.



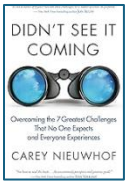
BROKEN AND BLESSED: GOD CHANGES THE WORLD ONE PERSON AND ONE FAMILY AT A TIME (816214) Author: LaGrone, Jessica. From the beginning, God has been creating blessing from broken family histories. Jessica LaGrone explores the families of Genesis and invites us to consider our own broken histories. Chapters: In search of beginnings -- chaos; Lost in the garden -- Adam and Eve -- creation; A family manifesto -- chosen; Abraham and Sarah -- control; Isaac -- cling; Rebekah -- cascade; Jacob and Esau -- competition; Rachel and Leah -- comparison; Joseph -- change; Picture imperfect -- God's family; Becoming, belonging, blessing. 188 Pages.



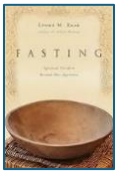
DEEP PEACE: FINDING CALM IN A WORLD OF CONFLICT AND ANXIETY (821104) Author: Hunter, Todd. In this book, Todd Hunter analyzes the anxiety and desperation of our current moment and leads readers to receive the peace of Jesus and experience the deep wholeness that comes from the peace of God. He articulates a biblical framework for peace and provides practices to help Christians value and seek peace, becoming people of peace in ordinary life. He reveals the heart issues from which these problems arise and introduces spiritual practices for becoming different sorts of people and different kinds of communities. Chapters: Peace killers – fear, anger, aggression, attachments; Peace killers – pain, unanswered prayer, self-centeredness; Peace killers – life online, obsession with failure, fear of missing out; The God of peace; The peace of God's Kingdom; Choosing peace with God; An apprentice to Jesus in peace; The Jesus of justice, mercy, and humility; The Spirit of peace; The Spirit of the Lord's favor; Cultivating a mellow heart; Why so anxious, O my soul?; Peace for an anxious mind; Rejecting fear-based hostility; Loving the other; Pursuing peace with others; Welcoming peace; Peace building – Sabbath and poverty of spirit; Peace in social relations; Peace in trials and temptations; Conclusion. Includes questions for reflection or discussion. 261 Pages.



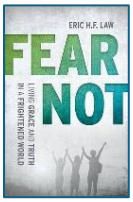
DEEPLY ROOTED: KNOWING SELF, GROWING IN GOD (817068) Author: Maricle, Christopher. Christopher Maricle explores a simple yet powerful metaphor from Catherine of Siena (1347 - 1380) -- the tree of the soul -- as an accessible way to explain spiritual growth. Chapter titles: Knowing self, Knowing God, Humility, Compassion, Powers of the soul, Virtues of the soul, Discernment, Fruits of the soul. Includes a leader's guide for group discussion. 143 Pages.



DIDN'T SEE IT COMING (818182) Author: Nieuwhof, Carey. Overcoming the 7 Greatest Challenges that No One Expects and Everyone Experiences -- Cynicism, Compromise, Disconnection, Irrelevance, Pride, Burnout, Emptiness. Chapters: Find me a happy lawyer - how cynicism snuffs out hope; Kicking cynicism in the teeth - practical ways to defeat your inner cynic; Successful (on the outside) - why character determines your true capacity; Taking your soul off the market - practical ways to deepen your character; Is anyone out there? - why so many of us feel so alone; Ditching your phone won't help - why you need to solve the human problem; Change never asks permission - the silent creep of irrelevance; Craving different - how regular (and radical) change keeps you in the game; It's not just the narcissists - how pride gets the best of us; Habits of the humble - only humility will get you out of what pride got you into; Like falling off a cliff - how to know when you're burning out; Your new normal - figuring out how to live today so you will thrive tomorrow; When all your dreams come true - why money, power, and success leave you feeling empty; My kingdom come? - getting over yourself isn't as scary as you think. 211 Pages.



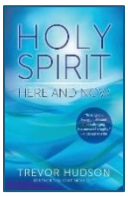
FASTING: SPIRITUAL FREEDOM BEYOND OUR APPETITES (807037) Author: Baab, Lynne. The author explains an ancient Christian practice that extends beyond giving up food to any regular activity in our contemporary lives. You'll see how a break from eating (or driving or checking email, or watching television) opens us up to discover new things about ourselves and God and the world around us. Includes discussion questions. 152 Pages.



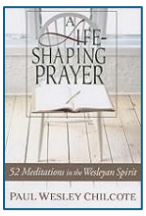
FEAR NOT: LIVING GRACE AND TRUTH IN A FRIGHTENED WORLD (820031) Author: Law, Eric. Designed for individual or group study, this book explores the role of fear in our individual lives and in our society and world. Chapters: Fear, phobia, sex, and ministry; Fear, marketers, politicians, and symbolic substitutes; Rituals, rules, technologies, and the color-coded threat-level system; Fear-conqueror, fear-bearer, and fear-miner; Fear-exploiter, fear of God, and intimacy with God; Finding intimacy in a world of fear; What are you doing here?; I need your light. Includes reflection/discussion questions and activities. 146 Pages.



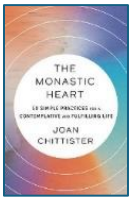
FOR THE COMMON GOOD: DISCOVERING AND USING YOUR SPIRITUAL GIFTS (823006) Author: Harman, Christine. Discover your spiritual gifts and learn how to use them to serve others. Examining key passages in Paul's writings, author Christine Harman leads readers through a personal spiritual gift assessment. She names 25 distinct spiritual gifts - such as discernment, hospitality, compassion, evangelism, and music - and helps people explore scripture references on each one. After identifying their particular gifts, clergy and laypeople will learn how to apply them for the good of their church, community, and the world. This book is ideal for both group study and self-discovery. Also included are suggestions for how to build a ministry team based on the gifts of each individual. A five-session leader's guide PDF for small groups can be purchased at https://store.upperroom.org/product/for-the-common-good-2 127 Pages.



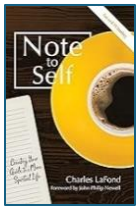
HOLY SPIRIT: HERE AND NOW (814067) Author: Hudson, Trevor. Trevor Hudson shares practical guidance to help you experience the Holy Spirit's movement in your life -- here and now! Chapter titles: The gift God gives; Brings us alive to God's presence; Draws us into a deeper shared life; Transforms us inwardly; Guides us in our decision making; Helps us to pray; Empowers us to be witnesses; Leads us into the desert; Engages us with suffering; Experience more of the gift God gives. Each chapter includes discussion questions. 170 Pages.



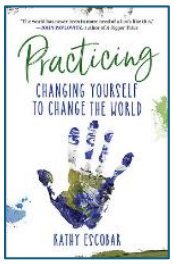
LIFE-SHAPING PRAYER: 52 MEDITATIONS IN THE WESLEYAN SPIRIT (809078) Author: Chilcote, Paul Wesley. Eighteenth-century English Methodist Elizabeth Rhodes memorized a special prayer as part of her lifelong spiritual practice. When the author discovered the prayer in Elizabeth's journal, he recognized its power for contemporary Christians. He has developed 52 modern meditations around the prayer's four key questions: 1) Who is God to me?; 2) What can I give to God?; 3) How does God shape my life?; 4) How do I live as a disciple of Christ? Each of the 52 readings includes a biblical text, a brief meditation, a Wesley hymn selection, and a prayer for the day. 205 Pages.



MONASTIC HEART: 50 SIMPLE PRACTICES FOR A CONTEMPLATIVE AND FULFILLING LIFE (823004) Author: Chittister, Joan. Benedictine monasticism – Christian monasticism – was founded in the sixth century by Benedict of Nursia, a man of high ideals in search of personal growth and moral integrity. This book provides the components of monastic life that we can integrate into our own lives. In brief chapters, Joan Chittister discusses 50 topics, including hospitality, sacred space, growth, labor, praise, service, listening, peacemaking, humility, difficult times, and more. 264 Pages.



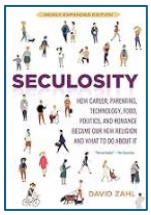
NOTE TO SELF: CREATING YOUR GUIDE TO A MORE SPIRITUAL LIFE (818128) Author: LaFond, Charles. Author and Episcopal priest Charles LaFond provides step-by-step instructions on how to create your own Rule of Life so that you have a series of stepping stones for the journey to a deeper spiritual life. Chapters: Introduction - a Rule of Life; How monks do it; You can do it; Getting started; Writing a sample chapter; On listening; On being; On vulnerability; On body; On thought; On existence. 176 Pages.



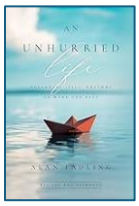
PRACTICING: CHANGING YOURSELF TO CHANGE THE WORLD (820107) Author: Escobar, Kathy. In this book, Kathy Escobar inspires and challenges readers with practical encouragement to live their faith through real action using ten transformational practices. By putting our hearts, hands, and feet behind our good intentions, we can transform our groups, our communities, and our world. Interactive, relational, and practical, this book can be read alone or processed together with a group, church, or class. Chapters: Introduction – practice; The practice of healing; The practice of listening; The practice of loving; The practice of including; The practice of equalizing; The practice of advocating; The practice of mourning; The practice of failing; The practice of resting; The practice of celebrating; Conclusion – keep practicing. Includes discussion questions and bibliography. 231 Pages.



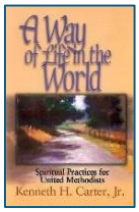
RUTHLESS ELIMINATION OF HURRY (820036) Author: Comer, John Mark. Staying Emotionally Healthy and Spiritually Alive in Our Current Chaos. Chapters: Hurry - the great enemy of spiritual life; A brief history of speed; Something is deeply wrong; The solution isn't more time; The secret of the easy yoke; What we're really talking about is a rule of life; What are the spiritual disciplines again?; Silence and solitude; Sabbath; Simplicity; Slowing; A quiet life. Supplemental resources available online at https://johnmarkcomer.com/blog/unhurry 286 Pages.



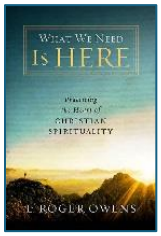
SECULOSITY: HOW CAREER, PARENTING, TECHNOLOGY, FOOD, POLITICS, AND ROMANCE BECAME OUR NEW RELIGION AND WHAT TO DO ABOUT IT (820156) Author: Zahl, David. Revised and Expanded Edition. David Zahl's popular and enlightening exploration of our unintended replacement religions--career, parenting, technology, food, politics, and romance--is new in paperback, now updated and expanded with a chapter on celebrity. In our striving, we are chasing a sense of enoughness. But it remains ever out of reach, and the effort and anxiety are burning us out. This book takes a thoughtful yet entertaining tour of American 'performancism' and its cousins, highlighting both their ingenuity and mercilessness, all while challenging the conventional narrative of religious decline. Zahl unmasks the competing pieties around which so much of our lives revolve, and he does so in a way that's at points playful, personal, and incisive. Ultimately, he brings us to a fresh appreciation for the grace of God in all its countercultural wonder. Chapters: The seculosity of busyness; The seculosity of romance; The seculosity of parenting; The seculosity of technology; The seculosity of work; The seculosity of leisure; The seculosity of fandom; The seculosity of food; The seculosity of politics; The seculosity of Jesusland; What to 'do' about it. Includes discussion guide and author Q&A. 257 Pages.



UNHURRIED LIFE: FOLLOWING JESUS' RHYTHMS OF WORK AND REST (821125) Author: Fadling, Alan. Chapters: A frenetic life; An unhurried apprentice; Productivity – unhurried isn't lazy; Temptation – unhurried enough to resist; Unhurried enough to care; Unhurried enough to pray; Rest – the rhythm of creation; Suffering – unexpected unhurrying; Maturity – growing up takes time; Spiritual practices for unhurrying; An eternal life. Includes discussion questions and notes for a group study. 208 Pages.



WAY OF LIFE IN THE WORLD: SPIRITUAL PRACTICES FOR UNITED METHODISTS (804048) Author: Carter, Kenneth H., Jr. Part I: The Six Practices. Searching the Scriptures; Generosity with the Poor; Testimony; Singing; Holy Communion; Life Together. Part II: Implications. A Way of Life in the World--Spiritual Practice and the Recovery of Human Nature; The Experience of Christ--Lives Ordered by Grace; Rediscovery of Tradition as a Means of Grace. Includes a Service of Covenant Renewal. 144 Pages.



WHAT WE NEED IS HERE: PRACTICING THE HEART OF CHRISTIAN SPIRITUALITY (816143) Author: Owens, L. Roger. Return to the heart of Christian spirituality with Roger Owens. It's simple, yet astonishingly complex -- Jesus is enough. Jesus offers everything you need to flourish in your life with God. In this book, Roger shares how he rediscovered seven 'givens' of Christian spirituality -- reading the Gospels, praying the Psalms, sitting with God in silence, finding Jesus in church, meeting Jesus in Holy Communion, receiving and responding to Jesus with the body, and spending time with the poor. 143 Pages.