

Books on Christian living and spiritual growth – *list 1*

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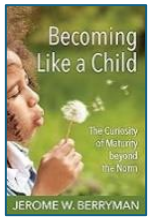
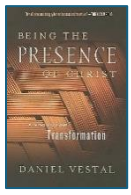
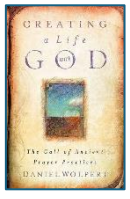
42 SECONDS: THE JESUS MODEL FOR EVERYDAY INTERACTIONS (818113) Author: Medearis, Carl. Jesus deeply and eternally impacted people's lives through brief, everyday connections and you can, too. Read this book as an inspirational primer or a four-week devotional and learn how to be like Jesus as you engage daily with those God has placed in your life. Chapter titles: Say hey; Acknowledge the waiter; Ask another question; Do something small; Talk to the kid; Be kind; Breathe deep; Stop trying to be cool; Open your eyes and ears; Accept that you are not God; Don't be so strategic; Be present; Find your barley field; Stand alone (when necessary); Say something crazy; Be full of grace (and truth); Relinquish control; Be brave; Do I believe what Jesus believed?; Do my words match my actions?; Do I really know Jesus?; Do I do what Jesus did?; Do I live as if Jesus matters more than anything?; Be Jesus. Includes questions for reflection and discussion. 154 Pages.



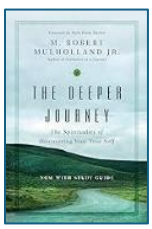
BECOMING LIKE A CHILD: THE CURIOSITY OF MATURITY BEYOND THE NORM (817156) Author: Berryman, Jerome W. Jerome Berryman, author of Godly Play materials, invites the reader into a creative process that explores what it means to be spiritually mature, starting with Jesus' injunction to "become like a child." What does this mean at the literal level? the figurative level? the mystical level? the ethical level? The structure of the process parallels the book's organization and the structure of Christian worship, as well as the arc of life itself. The steps on this journey begin when we enter, and the world of childlike maturity opens to us as we respond with inarticulate wonder and gratitude. It will be of interest to those interested in personal spiritual growth, Christian educators, clergy, and persons interested in the spiritual lives of children. Includes bibliography and index. 211 Pages.



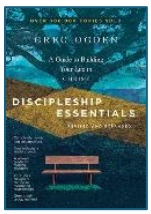
BEING THE PRESENCE OF CHRIST: A VISION FOR TRANSFORMATION (818216) Author: Vestal, Daniel. Chapters: Beginnings - receiving the presence of Christ; The basics - nurturing the presence of Christ; Prayer - practicing the presence of Christ; Contemplative prayer - resting in the presence of Christ; Personal transformation - being changed by the presence of Christ; Christian community - experiencing the presence of Christ with others; Pain and sacrifice - embracing the presence of Christ in suffering; Engagement and ministry - being the presence of Christ as a servant; Peace and justice - becoming the presence of Christ for the world. Includes questions for reflection. 133 Pages.



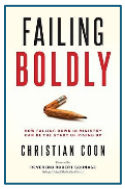
CREATING A LIFE WITH GOD: THE CALL OF ANCIENT PRAYER PRACTICES (816153) Author: Wolpert, Daniel. Chapter titles: Solitude and silence -- the journey begins; Lectio Divina -- encountering Scripture through sacred reading; The Jesus Prayer -- there is power in His name; Apophatic prayer -- be still and know; The examen -- God in day-to-day life; Creativity and the divine -- to create is to pray; Journaling -- writing what God shows us; Body prayer -- the body and the spiritual life; Walking toward God -- the journey made visible; Praying in nature -- contemplation and creation; Prayer and life in the world -- the rubber meets the road; A praying community -- bringing it all together. Includes a step-by-step guide to the prayer practices and a retreat model. 192 Pages.



DEEPER JOURNEY: THE SPIRITUALITY OF DISCOVERING YOUR TRUE SELF (816125) Author: Mulholland, M. Robert. M. Robert Mulholland Jr. exposes the false self you may be tempted to hide behind and helps you discover the true self that comes from being hidden with Christ in God. Chapter titles: The goal; Into the jungle -- the false self; The idol in the box -- the religious false self; Hidden with Christ in God -- the false self and the Christ self; Abandoning the false self; Putting on the new nature; Principles of the deeper life. Includes two discussion guides: one for a seven-session study and one for a single-session study. 185 Pages.



DISCIPLESHIP ESSENTIALS: A GUIDE TO BUILDING YOUR LIFE IN CHRIST (818231) Author: Ogden, Greg. Revised and Expanded. This workbook, designed to help you grow in Christ, is designed for groups of three or four, but can also be used as an individual study program, a one-on-one discipling tool, and a small group curriculum. Topics: Growing Up in Christ; Understanding the Message of Christ; Becoming Like Christ; Serving Christ. Chapters: Making disciples; Being a disciple; Quiet time; Bible study; Prayer; Worship; The three-person God; Made in God's image; Sin; Grace; Redemption; Justification; Adoption; Filled with the Holy Spirit; Fruit of the Holy Spirit; Trust; Love; Justice; Witness; The church; Ministry gifts; Spiritual warfare; Walking in obedience; Sharing the wealth (discipling others); Money. Appendix: Building a Discipleship Ministry. Includes leader's guide. 233 Pages.



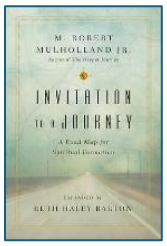
FAILING BOLDLY: HOW FALLING DOWN IN MINISTRY CAN BE THE START OF RISING UP (817127) Author: Coon, Christian. Chapters: Taking a fresh look at failure; Belovedness is our home station; The Bible tells me so -- scriptural stories of failure; How to succeed while failing; Living with the pain of failure; The gifts that failure provides. 179 Pages.



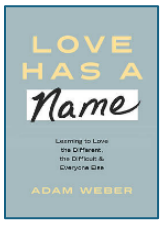
FEAR AND FAITH: FINDING THE PEACE YOUR HEART CRAVES (817291) Author: Newbell, Trillia. Author Trillia Newbell is no stranger to fear -- she has known its harsh grip on her life. But she has also known the gentle hand of God, a peace and a faith from the One who conquers fears. In this book she encourages us as she reflects on Scripture and her own story. Whatever your fear, you are not alone, nor are you without hope. You have the One who can replace your fear with faith. Chapters: Fear of man; Fear of the future; Fear of other women; Fear of tragedy; Fear of not measuring up; Fear of physical appearance; Fear of sexual intimacy; Why we can trust God; The fear of the Lord; When your fears come true; Growing in the fear of the Lord. Appendices: Eating Disorders; A Hedge of Doubt. 175 Pages.



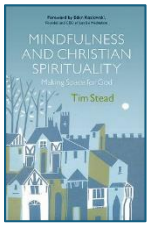
HOLY LISTENING WITH BREATH, BODY, AND THE SPIRIT (820026) Author: Simpson, Whitney. A stroke at age 31 forced Whitney Simpson to slow down and listen more deeply to her body. During her journey toward healing and wholeness, she found several ancient practices helpful in listening to God and her body: lectio divina, yoga, breath prayer, essential oils, and reflection. Ultimately she found God's peace. This 40-day prayer book guides us to listen more closely to God with our bodies. Each day includes scripture, yoga postures, breath prayers, essential oils, and reflection questions. 134 Pages.



INVITATION TO A JOURNEY: A ROAD MAP FOR SPIRITUAL FORMATION (818181) Author: Mulholland, M. Robert and Barton, Ruth Haley. "The process of being conformed to the image of Christ for the sake of others" is how Robert Mulholland defines spiritual formation. In this book, he helps Christians new and old understand that we become like Christ gradually, not instantly. Not every personality is suited to an early morning quiet time, so he frees different personality types to express their piety differently. He reviews the classical spiritual disciplines and demonstrates the importance of undertaking our spiritual journey with (and for the sake of) others. Topics: The road map - the nature of spiritual formation; The vehicle - personality and piety; The journey - spiritual disciplines; Companions on the way - corporate and social spirituality. Includes a study guide with questions for individual reflection or group discussion. 220 Pages.



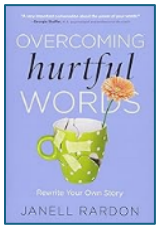
LOVE HAS A NAME: LEARNING TO LOVE THE DIFFERENT, THE DIFFICULT, AND EVERYONE ELSE (820113) Author: Weber, Adam. Author Adam Weber has learned incredible lessons from incredible people--some of them quite unexpected. With hope, humor, stretched comfort zones, biblical truth, and a few tears, this book looks at the most powerful of these stories, showing us twenty-seven people (and one school) who have taught Adam how to love like Jesus. Chapters: Jesus – love knows you by name; Love pursues the unpopular; Love multiplies for others; Love adores extravagantly; Love stays when everyone else leaves; Love doesn't generalize; Love heals through unlikely people; Love comforts through the worst; Love doesn't always need words; Love washes feet; Love sees the person in front of you; Love reaches out to the different; Love faces the two-faced; Love doesn't always look like love; Love notices the unnoticeable; Love flips the script from anger to grace; Love is more than a theory – it's messy; Love makes the least important the most important; Love pulls up a chair; Love makes every day an adventure; You – the one Jesus loves. 218 Pages.



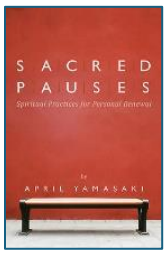
MINDFULNESS AND CHRISTIAN SPIRITUALITY: MAKING SPACE FOR GOD (820110) Author: Stead, Tim. In this book, Tim Stead explores how practicing mindfulness can help Christians better live out their faith. He explains what mindfulness is and what is beneficial about it and reflects on how it can impact what and how we believe. Mindfulness practices that are designed to help readers make space for God in their everyday lives are included. Chapters: Mindfulness in its clinical and mainstream contexts; Mindfulness in the Christian tradition; My journey to mindfulness; God is one, God is love, God is now!; Jesus – the embodied one, the liberated one, the awakened one; The Holy Spirit – free will, decentering; Knowing God's presence; Trusting God; Knowing God's will; Finding peace; Inner healing; Prayer and worship; Practicing love; Reconnecting with nature; Daily living; Life in all its fullness. Includes bibliography. 144 Pages.



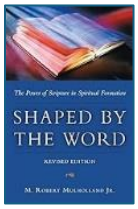
NEVER ENOUGH TIME: A PRACTICAL AND SPIRITUAL GUIDE (819002) Author: Schaper, Donna. Chapters: Why don't we have enough time?; The importance of numbers sizing up your time trouble; What if time were as important to your life as water - and you didn't know it; Time famine as a really good first world problem; Knowing what's important - elemental approaches to time; Doing something new; The turn toward the practical; The importance of numbers; Speckness; Facing facts as we face God; That pesky first world problem. Includes bibliography and index. 144 Pages.



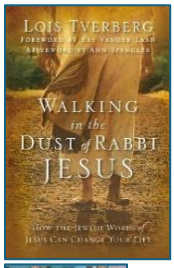
OVERCOMING HURTFUL WORDS: REWRITE YOUR OWN STORY (817302) Author: Rardon, Janell. Through her Scripture-based program, Janell Rardon shows us how to reflect on, reframe, and re-author the negative words of our past in order to craft a powerful new narrative based on our God-created identity. Chapters: How do I overcome hurtful words?; Guard your heart; Welcome God into the whys; Choose healthy over unhealthy; Pray through and stay with the process; Collect strength; Wait for the peace that passes all understanding; Embrace a teachable spirit; Take the leap and trust again; Smile at your future. 205 Pages.



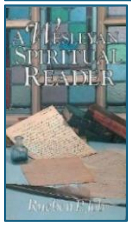
SACRED PAUSES: SPIRITUAL PRACTICES FOR PERSONAL RENEWAL (816228) Author: Yamaskaki, April. The author provides ideas for incorporating a variety of spiritual disciplines into our lives. Chapter titles: Creating space; Slowing down; Becoming quiet; Engaging Scripture; Praying it like it is; Getting outside; Being alone without being lonely; Valuing relationships; Giving; Praying the Lord's Prayer; Making music; Fasting; Having fun; Paying attention; Confessing; Praying Scripture; Living simply; Ending well. Includes bibliography. 189 Pages.



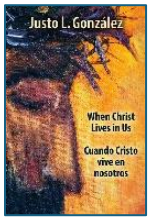
SHAPED BY THE WORD: THE POWER OF SCRIPTURE IN SPIRITUAL FORMATION (814089) Author: Mulholland, M. Robert. Revised Edition. Here is a new way to read scripture -- a way that allows scripture to shape your spiritual life. Learn to listen for the voice of God in the Bible, move from informational reading to formational reading of the Bible, and give up 'control' over the text and let God lead your reading and understanding. 176 Pages.



WALKING IN THE DUST OF RABBI JESUS: HOW THE JEWISH WORDS OF JESUS CAN CHANGE YOUR LIFE (816249) Author: Tverberg, Lois Author and scholar Lois Tverberg examines the words of Jesus in light of their Jewish context. Chapters: Brushing away the dust of the ages; Shema -- living out what you hear; Loving God with everything you've got; Meeting myself next door; Gaining a good eye; The mystery of the name; How to have a kosher mouth; Taking my thumb off the scale; Praying with chutzpah; Thinking with both hands; The treasure of the text; The secrets that God keeps; Our longing Father; God's image stamped in dust. Includes glossary, bibliography, and general and Scripture indexes. 239 Pages.



WESLEYAN SPIRITUAL READER (803247) Author: Job, Rueben P. A twenty-six week devotional exploring John Wesley's writing through scripture, quotes, and reflection by the author. 216 Pages.



WHEN CHRIST LIVES IN US / CUANDO CRISTO VIVE EN NOSOTROS (820112) Author: Gonzalez, Justo. This study by renowned author Justo Gonzalez, emphasizes Jesus' life and ministry and explores how today's Christians may walk with Jesus in specific forms and acts of ministry. Written in both Spanish and English, this book contains eight sessions on the themes of: Calling, Praying, Feeding, Healing, Commissioning, Teaching, Witnessing, and Giving. The bilingual book is a combination student/leader book with discussion questions at the end of every session.

Este estudio del reconocido autor Justo González resalta la vida y el ministerio de Jesús. González explora cómo los cristianos de hoy pueden caminar con Jesús de forma concreta y con actos de ministerio definidos. Escrito en español e inglés, este libro contiene ocho sesiones sobre los siguientes temas: llamado, oración, alimentación, sanación, comisionamiento, enseñanza, testimonio y donación. Este libro bilingüe combina el libro del estudiante y del líder e incluye preguntas de discusión al final de cada sesión. 217 Pages.