

Spiritual Disciplines Handbook Practices That Transform Us Adele Ahlberg Calhoun

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WATERS TOBY

An Invitation to the Christian Spiritual Life Zondervan
Spiritual Disciplines Handbook Practices That Transform Us InterVarsity Press

Sacred Pauses InterVarsity Press

Many parents of a teenager or young adult feel as though they're guessing about what to do next--with mixed results. We want to stay connected with our maturing child, but we're not sure how. And deep down, we fear our child doesn't want or need us. Based on brand-new research and interviews with remarkable families, *Growing With* equips parents to take steps toward their teenagers and young adults in a mutual journey of intentional growth that trusts God to transform them all. By highlighting three groundbreaking family strategies, authors Kara Powell and Steven Argue show parents that it's never too early or too late to - accept the child you have, not the child you wish you had - work toward solutions rather than only identifying problems - develop empathy that nudges rather than judges - fight for your child, not against them - connect your children with a faith and church big enough to handle their doubts and struggles - dive into tough discussions about dating, career, and finances - and unleash your child's passions and talents to change our world For any parent who longs for their kids to keep their roots even as they spread their wings, *Growing With* offers practical help and hope for the days--and years--ahead.

Spiritual Practices for Everyday Life InterVarsity Press
Drawn from a rich heritage, *Spiritual Disciplines for the Christian Life* will guide you through a carefully selected array of disciplines. By illustrating why the disciplines are important, showing how each one will help you grow in godliness, and offering practical suggestions for cultivating them, *Spiritual Disciplines for the Christian Life* will provide you with a refreshing opportunity to become more like Christ and grow in character and maturity. Now updated and revised to equip a new generation of readers, this anniversary edition features in-depth discussions on each of the key disciplines.

How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World IVP Books

CONNECT WITH THE LIFE-CHANGING MINISTRY OF THE HOLY SPIRIT Disciples of the Holy Spirit shows how a dynamic, close walk with God can be yours each day through the ministry of the Holy Spirit. As the energizer of your faith, the Spirit wants to bring you into a transforming communion with Christ. He wants to empower you to love your enemies, live without fear, and give generously out of an inner abundance. Your part? Simply yielding to him through the following spiritual disciplines:

Solitude—helping you draw near to God for spiritual growth and vigor. Surrender—helping you surrender to God's will and purpose for your life, preparing you for effective ministry. Service—helping you move into fellowship with others and partnership with God in reaching a broken world As you practice the spiritual disciplines, your concept of what it means to be a Christian will acquire a new, life-changing dimension. You'll grow closer to Jesus—and your life will increasingly reflect the power and presence of the Holy Spirit. "Dr. Tan always has something worthwhile to say. His passion for people, life, and God, combined with his extensive professional knowledge make this book an important read." -Larry Crabb Jr., Ph.D., counselor and best-selling author "A passionate, fresh guide for how Christians can grow in Christ through the traditional spiritual disciplines. Believers of differing theological backgrounds will find encouragement and wisdom." -Stanton L. Jones, Ph.D., author of the God's Design for Sex book series Dr. Siang-Yang Tan is senior pastor of First Evangelical Church in Glendale, California. He is also associate professor of psychology at Fuller Theological Seminary, a licensed psychologist, and the author of *Lay Counseling: Equipping Christians for a Helping Ministry*. He lives in Arcadia, California. Dr. Douglas Gregg is former director of the Office of Christian Community at Fuller Theological Seminary and a training specialist with InterVarsity Christian Fellowship. He is the coauthor of *Inner Healing: A Handbook for Helping Yourself & Others* and lives in Los Angeles. *Spiritual Disciplines Handbook* InterVarsity Press
Spiritual director and pastor Barbara Peacock illustrates how the practices of spiritual formation are woven into African American culture and lived out in the rich heritage of its faith community. Using the examples of ten significant men and women, Barbara helps us engage in practices of soul care as we learn from these spiritual leaders.

Discovering Lectio Divina CLC Publications

How to Live as Jesus Lived Dallas Willard, one of today's most brilliant Christian thinkers and author of *The Divine Conspiracy* (Christianity Today's 1999 Book of the Year), presents a way of living that enables ordinary men and women to enjoy the fruit of the Christian life. He reveals how the key to self-transformation resides in the practice of the spiritual disciplines, and how their practice affirms human life to the fullest. The Spirit of the Disciplines is for everyone who strives to be a disciple of Jesus in thought and action as well as intention.

Spiritual Disciplines Companion Zondervan

Evan Howard, a noted authority on Christian spirituality, provides a holistic, accessible, and informed introduction to Christian spiritual formation written from a broadly evangelical perspective. Howard joins Scripture with themes of community, spirit, formation, and mission in a single integrative guide. The book includes helpful features such as figures, charts, chapter overviews, and formation-focused questions. Its evangelical-ecumenical and global perspectives will appeal to a wide audience. Resources for professors and students are available through Baker Academic's Textbook eSources.

Enjoying Jesus through the Spiritual Disciplines Baker Books
We've all been let down by so-called community. Why is it so hard for us to connect and grow together for the long haul? Veteran spiritual director Ruth Haley Barton helps us get personal and practical about experiencing transformation together. This interactive guide allows us to grow through and by the experience of transforming community.

Accepting God's Offer to Rest, Weep, Forgive, Wait, Remember and More Tyndale House Publishers, Inc.

THIS little book contains the Conversations and Letters of one Nicholas Herman of Lorraine, a lowly born and unlearned man; who, after having been a soldier and a footman, was admitted a lay-brother among the Carmelites Déchaussés (bare-footed) at Paris in 1666, where he served in the kitchen of the community. He was afterwards known by the name of Brother Lawrence. He died in February 1691, at the advanced age of eighty, after a life the true saintliness of which can be well realised from these collected Conversations and Letters. Aeterna Press
Transformed Not Conformed InterVarsity Press

Fasting. Solitude. Contemplative prayer. Lectio divina. Have you heard about these practices and wanted to try them? Have you wandered from one practice to another not sure quite what to do? Are you overwhelmed by all the to-dos of your spiritual life? We have good desires—for a more intimate prayer life, perhaps, or deeper insight from God's Word—but we don't know how to get there. So we give up our pursuit, tired from wandering aimlessly, and end up feeling guilty and more distant from God instead of closer. In the *Spiritual Disciplines Handbook* Adele Calhoun gives us directions for our journey toward intimacy with Christ. While the word discipline may make us want to run and hide, the author shows how desires and discipline work together to lead us to the transformation we're longing for—the transformation only Christ can bring. Instead of just giving information about spiritual disciplines, this Handbook is full of practical, accessible guidance that helps you actually do them. Mothers, fathers, plumbers, nurses, students—we're all on a journey. And spiritual disciplines are for all of us who desire to know Christ deeply and be like him. Here is direction for our desire, leading us to the ultimate destination: more of Christ himself.

Growing in Christ Through Community Westminster John Knox Press

We live only a small fraction of the lives God has for us, circling around the demands of the present moment while God whispers softly or even hollers for us to harness our whole hearts. These studies follow the biblical themes as well as the journeys of women showing the way to embracing God's strength and wisdom to live whole lives.

The Art of Everyday Thankfulness Herald Press (VA)
Arthur Wallis offers this balanced study on fasting, and seeks to give to the subject the weight that Scripture gives it while also avoiding exaggeration and over-emphasis. This book includes a biblical index, and an appendix dealing with the textual problems surrounding four references to fasting in the New Testament.

Invitation to a Journey WaterBrook

In the twenty years since its publication, *Celebration of Discipline* has helped over a million seekers discover a richer spiritual life infused with joy, peace, and a deeper understanding of God. For this special twentieth anniversary edition, Richard J. Foster has added an introduction, in which he shares the story of how this beloved and enduring spiritual guidebook came to be. Hailed by many as the best modern book on Christian spirituality, *Celebration of Discipline* explores the "classic Disciplines," or central spiritual practices, of the Christian faith. Along the way,

Foster shows that it is only by and through these practices that the true path to spiritual growth can be found. Dividing the Disciplines into three movements of the Spirit, Foster shows how each of these areas contribute to a balanced spiritual life. The inward Disciplines of meditation, prayer, fasting, and study, offer avenues of personal examination and change. The outward Disciplines of simplicity, solitude, submission, and service, help prepare us to make the world a better place. The corporate Disciplines of confession, worship, guidance, and celebration, bring us nearer to one another and to God. Foster provides a wealth of examples demonstrating how these Disciplines can become part of our daily activities and how they can help us shed our superficial habits and "bring the abundance of God into our lives." He offers crucial new insights on simplicity, demonstrating how the biblical view of simplicity, properly understood and applied, brings joy and balance to our inward and outward lives and "sets us free to enjoy the provision of God as a gift that can be shared with others." The discussion of celebration, often the most neglected of the Disciplines, shows its critical importance, for it stands at the heart of the way to Christ. Celebration of Discipline will help motivate Christians everywhere to embark on a journey of prayer and spiritual growth.

My journey from frustration to joy with the spiritual disciplines Tyndale House

The Christian life is built on three seemingly unremarkable practices: reading the Bible, prayer, and fellowship with other believers. However, according to David Mathis, such "habits of grace" are the God-designed channels through which his glorious grace flows—making them life-giving practices for all Christians. Whether it's hearing God's voice (the Word), having his ear (prayer), or participating in his body (fellowship), such spiritual rhythms of the Christian life have the power to awaken our souls to God's glory and stir our hearts for lifelong service in his name. What's more, these seemingly simple practices grant us access to a host of spiritual blessings that we can only begin to imagine this side of eternity—and the incredible joy that such blessings bring to God's children today.

The Spirit of the Disciplines - Reissue Zondervan

M. Robert Mulholland Jr. fleshes out a carefully worded definition of spiritual formation that encompasses the dynamics of a vital Christian life and counters our culture's tendency to trivialize, methodize and privatize spirituality. Now revised and expanded by Ruth Haley Barton with a new foreword, practices and study guide.

Exploring Spiritual Direction B&H Publishing Group

Learn how to nurture your awareness of and response to God's love and guidance through the historical practice of spiritual direction.

How a Practice-Based Faith Can Save Us from Drowning InterVarsity Press

First released in 1995, this spiritual classic continues to be a best-seller, as thousands each year accept Marjorie Thompson's invitation to the Christian spiritual life. Offering a framework for understanding the spiritual disciplines and instruction for developing and nurturing those practices, *Soul Feast* continues to be a favorite for individual reflection and group study. Many new additions, including a new chapter on keeping the Sabbath, make this newly revised edition of *Soul Feast* a must-have.

Celebrating the Disciplines InterVarsity Press

Details the core disciplines of Christianity and discusses how to develop daily habits that honor God.

Practices That Transform Us (Revised and Expanded) Baker Books

ECPA BESTSELLER • A compelling emotional and spiritual case against hurry and in favor of a slower, simpler way of life "As someone all too familiar with 'hurry sickness,' I desperately needed this book."—Scott Harrison, *New York Times* best-selling author of *Thirst* "Who am I becoming?" That was the question nagging pastor and author John Mark Comer. Outwardly, he appeared successful. But inwardly, things weren't pretty. So he turned to a trusted mentor for guidance and heard these words: "Ruthlessly eliminate hurry from your life. Hurry is the great enemy of the spiritual life." It wasn't the response he expected, but it was—and continues to be—the answer he needs. Too often we treat the symptoms of toxicity in our modern world instead of trying to pinpoint the cause. A growing number of voices are pointing at hurry, or busyness, as a root of much evil. Within the pages of this book, you'll find a fascinating roadmap to staying emotionally healthy and spiritually alive in the chaos of the modern world.

Women & Identity Crossway

"An experienced author and teacher draws on historic, ecumenical practices and the Bible to offer a spiritual formation

primer that emphasizes the role of the Christian community. Now revised and updated throughout"--