

Presbytery of Seattle
Spiritual Formation Ministry Team

*The **Big List** of Books for Spiritual Formation and Spiritual
Direction*

Organized Topically:

OVERVIEW OF THE SPIRITUAL LIFE

CLASSIC TEXTS IN SPIRITUAL FORMATION

FAITH FORMATION IN THE FAMILY

INSIGHTS FROM OTHER FAITHS

THE PSYCHOLOGY OF SPIRITUAL FORMATION (INCLUDES GENDER ISSUES)

SPECIFIC PRACTICES:

DISCERNMENT

ETHICS

HOSPITALITY (BENEDICTINE SPIRITUALITY)

IGNATIAN SPIRITUALITY (SPIRITUAL EXERCISES, THE EXAMEN)

JUSTICE, PEACE AND CREATION

LECTIO DIVINA (HOLY READING)

PRAYER & MEDITATION

SABBATH

SPIRITUAL DIRECTION

OVERVIEW OF THE SPIRITUAL LIFE

Barnes, M. Craig *Sacred Thirst, Meeting God in the Desert of our Longings*. PCUSA pastor, Craig Barnes, writes out of rich personal and pastoral experience, helping us to see God in the desert experiences of our lives. Zondervan, 2001

De Mello, Anthony *Awareness: A De Mello Spirituality Conference in His Own Words* Using humor, compassion, and insight, the beloved and best-selling Anthony de Mello teaches us to welcome the challenge of knowing ourselves and living the "aware" life. ISBN# 0385249373 Image Books; Reprint edition (July 1, 1990)

De Mello, Anthony *The Way to Love: The Last Meditations of Anthony De Mello* (Image Pocket Classics) Image Books; (June 1995) ISBN: 038524939X

Lamott, Anne. *Traveling Mercies: Some Thoughts on Faith*. New York: Anchor Books, 1999. Lamott provides a humorous and poignant look at her long journey to faith in Christ.

Manning, Brennan *Abba's Child, The Cry of the Heart for Intimate Belonging* "It is for those who are willing to risk being exposed for who they really are and to be loved by a God who doesn't want them to pretend they are something they are not."

ISBN 08910-98267 Published in 1994 by NavPress.

Nouwen, Henri. *Reaching Out: Three Movements of the Spiritual Life*; This spiritual bestseller lays out a perceptive and insightful plan for ... achieving the ultimate goal--union with God. The three movements are: from loneliness to solitude, from hostility to hospitality, and from illusion to prayer. Doubleday, 1975. ISBN# 0-385-23682-4 Call# XB Nou

Nouwen, Henri. *The Way of the Heart: Desert Spirituality and Contemporary Ministry*. New York: Seabury, 1981.

Peck, M. Scott. *Further Along the Road Less Traveled: The Unending Journey Towards Spiritual Growth*. New York: Simon and Schuster, 1993.

Rice, Howard L. *Reformed Spirituality; introduction for believers* Using a wide range of sources, Rice provides help for reclaiming spirituality in the Reformed tradition. W/JKP, 1991. ISBN# 0-664-25203-3 Call# XB Ric

Rumford., Douglas J. *SoulShaping*. PCUSA pastor Doug Rumford writes a very practical, earthy guide for taking care of your spiritual life. Tyndale, 1996

Thompson, Marjorie. *Soul Feast: An Invitation to the Christian Spiritual Life*. Marjorie Thompson provides guidance and help to those who wish to explore the riches of Christian spirituality. She offers a framework for understanding the spiritual disciplines, as well as instruction in developing and nurturing those practices. Nashville: John Knox/Westminster, 1995.

Torrance, James A. *Worship, Community and the Triune God of Grace*.

[Return to top of document](#)

CLASSIC TEXTS IN SPIRITUAL FORMATION

Foster, Richard J. and James Bryan Smith, eds. *Devotional Classics. Selected Readings for Individuals and Groups*. San Francisco: Harper, 1990. Short selections of devotional reading from a variety of authors clustered around the Renovare themes. Includes questions for reflection or discussion.

Foster, R. *Streams of Living Water: Celebrating the Great Traditions of Christian Faith*.

Classics of Western Spirituality. New York: Paulist, 1978 onward.

This series (which runs to more than 70 volumes in both paper and hardback) contains a representative choice of critical text editions on major spiritual teachers/schools of Jewish, Christian, Muslim and Native North American traditions. For an introduction to the series, see Henry C. Simmons, *In the Footsteps of the Mystics* (New York: Paulist, 1992).

A'Kempis, Thomas. *The Imitation of Christ*. Various editions.

Augustine. *Confessions*. (Numerous editions)

Bernard of Clairvaux *Talks on the Song of Songs*,

Brother Lawrence *Practicing the Presence of God*,

Bunyan, John. *The Pilgrim's Progress*. Various editions.

Ignatius Loyola. *Spiritual Exercises*. (one good translation is David Fleming: *Draw me into your friendship*).

John of the Cross. *Ascent of Mt. Carmel; Dark Night of the Soul; etc.*

Merton, Thomas. *New Seeds of Contemplation*. New York: New Directions, 1961. Merton's most accessible, yet profound collection of meditations. For our current problems and events he has profound comments on subjects like wealth, materialism, and war.

Merton, Thomas. *No man is an island*. Contains sixteen essays examining aspects of spirituality
Harcourt Brace, 1983. ISBN# 0-15-66592-X Call# XB Mer

Teresa of Avila. *The Book of Her Life*. Vol. 1 in *The Collected Works of St. Teresa of Avila*.
Translated by Kieran Kavanaugh and Otilio Rodriguez. Washington, D.C.: ICS Publications, 1976.

Teresa of Avila. *Interior Castle; Life; etc.*

Von Balthazar, Hans Urs *Prayer*,

[*Return to top of document*](#)

FAITH FORMATION IN THE FAMILY

Baker, Brant D. *Let the Children Come: A new approach to children's sermons* Augsburg, 1991. and *Welcoming the Children: Experiential Children's sermons*, Augsburg, 1995 Brant Baker uses good educational theory to craft children's sermons that are age-appropriate and relevant.

Berryman, Jerome W. *Godly Play: An Imaginative Approach to Religious Education* Augsburg, 1991.

----- *Godly Play: The Sunday Morning Handbook* Abingdon, 1995.

-----, *The Complete Guide to Godly Play*, volumes 1-5, Living the Good News, 2002.

Berryman, Jerome W. and Sonja Stewart *Young Children and Worship* Westminster/John Knox, 1989.

Jerome Berryman uses a Montessori trained approach in teaching Biblical stories. Some of his materials are used in pastoral care with children in hospital settings – these are some of the best materials I have seen to help children grow in their life of faith.

Cavalletti, Sofia *The Religious Potential of the Child*, Liturgy Training Publications, 1979, english translation 1983.

Coles, Robert. *The Spiritual Life of Children*. A classic treatise on the characteristic expressions of the spirituality of childhood. Boston: Houghton Mifflin, 1990.

Curran, Delores *On Family Prayer*,. A practical guide to praying together as a family. Twenty-Third Publications, revised 1997

Linn, Dennis, Sheila, and Matthew , *Sleeping with Bread: Holding what gives you life*, Paulist Press, 1995 an introduction to the Ignatian practice of the daily examen. Gives examples of how to use this as part of a family's spiritual life.

Montgomery, Don & Katie *Heroes of God*, Augsburg, 1998 (part of the Augsburg family read-aloud collection. Other volumes include "Early Saints of God", "Kings and Queens for God" and "Explorers for God." not all by the same authors.)

Nelson, Gertrud Mueller *To Dance with God: Family Ritual and Community Celebration*, A delightful book with many suggestions on celebrating the Christian year in one's home. Paulist Press, 1986.

Robinson, David *The Family Cloister: Benedictine Wisdom for the Home*, David Robinson, a Presbyterian Pastor, describes how he has brought the rhythm of the Benedictine's communal life into his own family, complete with teenagers. Crossroad, 2000.

Thompson, Marjorie J. *Family: The Forming Center A vision of the Role of Family in Spiritual Formation*, Marjorie Thompson calls upon families and churches to take their responsibility seriously as they claim the centrality of the family in developing children's spiritual faith. Upper Room Books, revised 1996.

Van Ness, Patricia W., *Transforming Bible Study with Children: A guide for learning together*, Abingdon, 1991.

Wagele, Elizabeth *The Enneagram of Parenting: The 9 types of children and how to raise them successfully*, Tips on applying the spiritual wisdom of the enneagram to the task of parenting. Also a good introduction to the enneagram. HarperCollins 1997.

INSIGHTS FROM OTHER FAITHS

Martin, William *The Art of Pastoring: Contemplative Reflections* CTS (Columbia Theological Seminary) Press, 1994. Pastoral Counselor William Martin addresses the grace of God in the context of serving as a pastor. Using the style of Lao Tzu's Tao Te Ching Martin offers brief Christian reflections on the Word of God. This is a must-read for any pastor flirting with burnout.

Merton, Thomas. *The Asian Journal of Thomas Merton*. New York: New Directions, 1973.

[Return to top of document](#)

THE PSYCHOLOGY OF SPIRITUAL FORMATION (INCLUDES GENDER ISSUES)

Dyckman, Katherine, et al. *The Spiritual Exercises Reclaimed: Uncovering Liberating Possibilities for Women*. New York: Paulist, 2001.

Ferder, Fran and John Heagle. *Your Sexual Self*. Notre Dame, IN: Ave Maria, 1992.

Fischer, Kathleen *Transforming Fire: women using anger creatively* A helpful book on the potential transformational power of a woman's anger. Paulist Press, 1999.

May, Gerald. *Addiction and Grace*. San Francisco: Harper & Row, 1988.

May, Gerald. *The Awakened Heart: Living Beyond Addiction*. San Francisco: Harper, 1991.

Michael, Chester P. and Marie C. Norrisey *Prayer and Temperament: Different prayer forms for different personality types*. Looking at the Myers-Briggs personality Type Indicator, Michael and Norrisey suggest methods of prayer for each personality type. The Open Door, 1984.

Myss, Caroline. *Anatomy of the Spirit: The Seven Stages of Power and Healing*. New York: Harmony Books, 1996.

Nouwen, Henri. *The Return of the Prodigal Son: A Meditation on Fathers, Brothers and Sons*. In this book, Nouwen looks at the Rembrandt painting of the Prodigal Son and reflects upon the men in the painting, the men he has known, and the man he has become. New York: Doubleday, 1992

Smedes, Lewis B. *Shame and Grace: Healing the Shame We Don't Deserve*. Grand Rapids, MI: Zondervan, 1993.

Stokes, Kenneth *Faith is a Verb: Dynamics of Adult Faith Development* The result of a research study into the psychology of faith development. Presented with questions for discussion for each chapter. Good for adult small groups interested in growing spiritually together. Twenty-Third Publications, 1989.

[Return to top of document](#)

SPECIFIC PRACTICES:

DISCERNMENT

Johnson, Ben Campbell. *Discerning God's Will*. A practical yet devotional guide to discernment Louisville, KY: WJK Press, 1990. ISBN# 0-664-25146-3 Call# XC Joh

Morris, Danny and Charles M. Olsen *Discerning God's Will Together: A Spiritual Practice for the Church* Upper Room 1997.

Sittser, Jerry *Discovering God's Will*, Whitworth College professor, Dr. Jerry Sittser writes out of profound personal experience and constant current conversation with students to name the questions and suggest very helpful perspectives on "making decisions with peace and confidence." Zondervan, 2000

[Return to top of document](#)

ETHICS

Hedberg, Thomas M., Betsy Caprio, et al. *A Code of Ethics for Spiritual Directors*, rev. ed. Pecos, NM: Dove, 1992.

Spiritual Directors International. *Guidelines for Ethical Conduct*. San Francisco: SDI, 1999.

HOSPITALITY (BENEDICTINE SPIRITUALITY)

Chittister, Joan *Wisdom Distilled From the Daily*. A Benedictine nun writes a very accessible guide into the richness of the Rule of St. Benedict. There is also a useful Leader's Guide for groups to work through together. HarperSanFrancisco, 1990.

Howman, Daniel and Lonni Collins Pratt *Radical Hospitality* A book about the challenges and blessings of living a hospitable life. The authors lead youth and young adult retreats at a Benedictine monastery.

Robinson, David *The Family Cloister: Benedictine Wisdom for the Home*,. Crossroad, 2000 A Presbyterian Pastor offers a way to live Benedictine spirituality in the home – even with teenagers.

[Return to top of document](#)

IGNATIAN SPIRITUALITY (THE SPIRITUAL EXERCISES, THE EXAMEN)

Barry, William *Letting God Come Close: An approach to the spiritual exercises* Loyola Press, 2001.

Bergman & Schwan. *Take and Receive Series: Love, Forgiveness, Birth, Freedom, Surrender*. Winona: St. Mary's Press, 1985. This 5 volume series provides detailed meditations to accompany the Spiritual Exercises of Ignatius of Loyola.

Dyckman, Katherine, et al. *The Spiritual Exercises Reclaimed: Uncovering Liberating Possibilities for Women*. New York: Paulist, 2001.

Linn, Dennis, Sheila, Matthew. *Sleeping with Bread – Holding What Gives You Life.* an introduction to the Ignatian practice of the daily examen. Gives examples of how to use this as part of a family's spiritual life.

Lonsdale, David *Eyes to See, Ears to Hear: An introduction to Ignatian Spirituality* A good overview of Ignatian Spirituality, with an excellent section on discernment. Orbis, 2000.

Silf, Margaret *Inner Compass: An invitation to Ignatian Spirituality* An easy to read introduction to the spirituality of Ignatius. Loyola Press, 1999.

Smith, Carol Ann and Eugene F. Merz *Moment by Moment: A retreat in everyday life* 32 meditations using the Spiritual Exercises of Ignatius. Each has suggested scripture, prayer, and questions for reflection. Ave Maria Press, 2000.

[Return to top of document](#)

JUSTICE, PEACE AND CREATION

Fox, Matthew. *The Reinvention of Work.* San Francisco: Harper, 1995.

Nhat Hanh, Thich. Ed. Arnold Kotler. *Peace is Every Step: The Path of Mindfulness in Everyday Life.* New York: Bantam, 1991. A good introduction to the Buddhist practice of mindfulness.

Palmer, Parker J. *The Active Life: A Spirituality of Work, Creativity and Caring.* San Francisco: Harper & Row, 1990.

Peck, M. Scott. *The Different Drum: Community Making and Peace.* New York: Simon and Schuster, 1987.

Vanier, Jean. *Becoming Human.* Toronto: Anansi, 1998. Vanier was the founder of the L'Arche movement.

Peck, M. Scott. *The Road Less Traveled.* New York: Simon and Schuster, 1978.

Peterson, Eugene. *Under the Unpredictable Plant: An Exploration of Vocational Holiness.* Grand Rapids, MI: Eerdmans, 1993.

[Return to top of document](#)

LECTIO DIVINA (HOLY READING)

Hall, Thelma *Too Deep for Words* An introduction to lectio divina and suggested scriptural passages for this practice, organized by topic. Paulist Press, 1988.

Vest, Norvene: *Gathered in the Word: Praying the Scripture in Small Groups*. Upper Room Books. A good format for using lectio divina in a small group setting.

[Return to top of document](#)

PRAYER & MEDITATION

Various authors. *Praying with . . .* Francis, Ignatius, Merton, Teresa of Avila, Julian, Hildegard, Dominic, Therese, Clare, John of the Cross, Catherine of Siena. (*Companions on the Journey* Series, Winnona: St. Mary's, 1994). This series provides daily meditations from a particular author with questions for reflection, and suggested prayers

Bloesch, Donald G. *The Struggle of Prayer*. Helmers & Howard, 1988. A Reformed treatment of the theology of intercessory prayer.

Bohler, Carolyn Stahl, *Opening to God: Guided Imagery Meditation on Scripture*. Upper Room Books, 1996.

Foster, Richard J. **Prayer; finding heart's true home**. Presents a primer on prayer--from simple prayer of beginning to unceasing prayer. HarperSanFrancisco, 1992. ISBN# 0-06-062846-4 Call# UU Fos

Kulp, Ann Z. *Spirit windows : a handbook of spiritual growth resources for leaders* . Bridge Resources 1998 ISBN# 1-57895-021-X Call# XB Kul Resources for "spiritual enrichment". Designed to be presented in a group for individuals to learn and use at home. Includes several ready-to-use retreats.

Petersen, Eugene H. *Answering God: The Psalms As Tools for Prayer*.

Rupp, Joyce *Praying our Goodbyes*, An excellent resource for working through the grief of "goodbye" regardless of what or who we are leaving. Ave Maria Press, 1988.

. [Return to top of document](#)

SABBATH

Dawn, Marva *Keeping Sabbath Wholly*

Edwards, Tilden. *Sabbath Time*. Nashville: Upper Room, 1992.

[Return to top of document](#)

SPIRITUAL DIRECTION

Bakke, Jeanette. *Holy Invitations: Exploring Spiritual Direction*

Barry, William A. & William J. Connally. *The Practice of Spiritual Direction*. New York: Seabury, 1982.

Dougherty, Rose Mary. *Group Spiritual Direction: Community for Discernment*. New York: Paulist, 1995. Dougherty proposes a model for doing spiritual direction in a group setting.

Dyckman, Katherine M. & L. Patrick Carroll *Inviting the Mystic, supporting the Prophet: An introduction to Spiritual Direction*. Paulist Press, 1981.

Edwards, Tilden. *Spiritual Director, Spiritual Companion*. New York: Paulist, 2001.

Fischer, Kathleen, *Women at the Well: Feminist Perspectives on Spiritual Direction*. New York: Paulist, 1988. A now classic work on spiritual direction with women.

Guenther, Margaret. *Holy Listening: The Art of Spiritual Direction*. Cambridge: Cowley, 1992. A wonderful guide to becoming a spiritual director.

Guenther, Margaret *Toward Holy Ground: Spiritual Directions for the Second Half of Life*. Cambridge: Cowley, 1998.

Johnson, Ben Campbell. *Listening For God: Spiritual Directions for Searching Christians*.

Leech, Kenneth. *Soul Friend: Spiritual Direction in the Modern World*. Harrisburg, PA: Morehouse, 2001.

Liebert, Elizabeth. *Changing Life Patterns: Adult Development in Spiritual Direction*. New York: Paulist, 1992.

May, Gerald G. *Care of Mind, Care of Spirit: Psychiatric Dimensions of Spiritual Direction*. San Francisco: Harper, 1982.

Merton, Thomas. *Spiritual Direction and Meditation*.

Ruffing, Janet. *Spiritual Direction: Beyond the Beginnings*. New York: Paulist, 2000.

[*Return to top of document*](#)