

ECMN+ Spiritual Practice Book List

Spiritual Disciplines Handbook: Practices That Transform Us by Adele Ahlberg Calhoun

In *Spiritual Disciplines Handbook* Adele Calhoun gives us directions for our continuing 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 practice them.

Inner Compass: An Invitation to Ignatian Spirituality by Margaret Silf

Ignatius wrote his Exercises as a way of helping us to see and find the will of God. Finding the will of God can sometimes feel, in the author's words, "like playing darts on an invisible board." In this book she helps us to find the will of God within our own hearts, a will that is never directed to only our individual benefit, but always to the well-being of all peoples and of all creation."

Growing Together, Revised Edition: Spiritual Exercises for Church Committees by Harold Eppley & Rochelle Melander

Growing Together provides congregational leaders with opportunities for spiritual growth. Each of the fifty exercises includes an opening prayer, a personal sharing exercise, a Bible reading, discussion questions, and a closing prayer. Use this book in your council and committee meetings to build community and foster a spirit of cooperation, harmony, and mutual support.

Finding Our Way Again: The Return of the Ancient Practices by Brian McLaren

Constant change within today's church seems to be prompting a desire for deeper devotion. Many 21st-century Christians are exploring ancient practices including fixed-hour prayer and fasting. McLaren explains these timeless traditions—some dating back to Abraham—and reveals how they can transform your spiritual sojourn. An informative introduction to a 7-book series on spiritual disciplines.

Sacred Rhythms: Arranging Our Lives for Spiritual Transformation by Ruth Haley Barton

Spiritual disciplines are activities that open us to God's transforming love and the changes that only God can bring about in our lives. Picking up on the monastic tradition of creating a "rule of life" that allows for regular space for the practice of spiritual disciplines, Ruth Haley Barton takes you more deeply into understanding seven key disciplines along with practical ideas for weaving them into everyday life. Each chapter includes exercises to help you begin the practices individually and in a group context.

Grounded in God: Listening Hearts Discernment for Group Deliberations by Suzanne G. Farnham, Stephanie A. Hull, R. Taylor McLean

This powerful, prayerful, and practical guide teaches groups a whole new way of conducting meetings and reaching consensus. Whether your group, committee or board is secular or religious, its members can now move beyond parliamentary procedure to a higher level using the model described here. Rooted in scripture, *Grounded in God* energizes and inspires. Learn how to incorporate creative silence, imagination, intuition, attentive listening, scripture, and prayer into routine meetings, decision making, or working retreats. By opening up to new perspectives, discover that the first order of business is to become attuned to God's presence within those assembled.