

ABC Spiritual Directors Resource Recommendations

Books

Spiritual Direction

Kaleidoscope: Broadening the Palette in the Art of Spiritual Direction, ed. Ineda P. Adesanya, Church Publishing, Inc, 2019.

Holy Listening-The Art of Spiritual Direction by Margaret Guenther, Cowley Publication, 1992

When Leadership and Spiritual Direction Meet by Gil W. Stafford, Alban Institute 2014

Kindling Desire for God: Preaching as Spiritual Direction by Kay Northcutt, Fortress Press, 2009

The Emotionally Healthy Spirituality by Peter Scazzero, Harper One, 1994

Spiritual Disciplines Handbook (expanded version) by Adele Ahlberg Calhoun, IVP, 2015

The Spirit of the Disciplines by Dallas Willard, Harper One, 1988

Henri Nouwen and Spiritual Polarities, Will Hernandez, Paulist Press, 2012

When Faith Becomes Sight by Beth and David Booram, IVP, 2019

A Spirituality of Living by Henri Nouwen, Upper Room, 2011

Spiritual Direction 101: The Basics of Spiritual Guidance by Teresa Blythe, Apocryphile Press, 2018

The Book of the Heart by Meister Eckhart, Hampton Road Press, 2017

Sacred Rhythms by Ruth Haley Barton, IVP, 2006

Invitation to Retreat by Ruth Haley Barton, IVP, 2018

At Home in the Word: A Rule of Life by Margaret Guenther, Seabury Books, 2006

Spiritual Disciplines Companion by Jan Johnson, IVP, 2009

Still Listening New Horizons in Spiritual Direction by Norvene West, Editor, More house Publishing, 2000

Invitation to a Journey: A Road Map for Spiritual Formation by M. Robert Mulholland Jr., IVP, 2016

The Deeper Journey: The Spirituality of Discovering Your True Self by M. Robert Mulholland Jr., IVP, 2016

Book of Hours by Thomas Merton, Soren Books, 2007

Group Spiritual Direction

Seeking God Together: Introduction to Group Spiritual Direction by Alice Fryling, IVP, 2009

Group Spiritual Direction: Community for Discernment by Rose Mary Dougherty, School Sisters of Notre Dame, 1996

Meditation

Christian Meditation: Experiencing the Presence of God, James Finley, HarperCollins, 2004

Prayer

Praying in Color by Sybil MacBeth, Paraclete Press, 2007

The Revolutionary Power of the Lord's Prayer by Alice Burnette Greene, Judson Press, 2017

Seven Sacred Pauses by Macrina Wiederkehr, Sorin Books, 2008

50 Ways to Pray by Teresa A. Blythe; Abington Press, 2006

Deep Conversations: Deep Prayer by Thomas Dubay, Ignatius Press, 2006

Silence

Invitation to Solitude and Silence by Ruth Haley Barton, IVP, 2004

Silence by Thich Nhat Hahn, Harper One, 2015

Lectio Divina

Lectio Divina Prayer Bible: Common English Version

Centering Prayer

Invitation to Love-20th Annv. by Fr. Thomas Keating, Bloomsbury Publishing, 2012 (original 1992)

Intimacy With God: Introduction to Centering Prayer by Thomas Keating, Crossroad Books, 2009

Centering Prayer and Awakening by Cynthia Bourgeault, Crowley Press, 2004

Praying with Icons

Behold the Beauty of the Lord, Henri Nouwen, Ave Maria Press, 1987, revised ed. 2007

The Dwelling of the Light, Rowan Williams, Eerdmans, 2003.

Pilgrimage

Enneagram

The Sacred Enneagram by Christopher L. Heuertz, Zondervan, 2017

The Enneagram Made Easy by Renee Baron & Elizabeth Naggle, Harper One, 1994

Ignatian Spirituality and Discernment

Ignatian Spirituality Reader by George Traub SJ: Loyola Press, 2008

Always Discerning by Joseph Tetlow SJ, Loyola Press, 2016

Discernment by Henri Nouwen; Harper One, 2013

What is Ignatian Spirituality by David Fleming SJ; Loyola Press, 2008

Rule of Life

Image of God

Technology and the soul

Life Transitions and aging

Death, dying, and Grieving

Lose, Love, Live; the Spiritual Gifts of Loss and Change by Dan Moseley, Upper Room Books, 2010

Mindfulness

Awareness by Anthony De Mello, Center for Spiritual Exchange, 1990

Walking Meditation

Movement and Spirituality

Wisdom of the Body by Christine Valters Paintner, Sorin Books, 2017

Photography as a Contemplative Practice

The Little Book of Contemplative Photography: Seeing with Wonder, Respect, and Humility by Howard Zehr, Good Books, 2005

The Practice of Contemplative Photography: Seeing the World with Fresh Eyes by Andy Karr and Michael Wood, Shambhala, 2011

Art as a Spiritual Practice

The Artist's Rule by Christine Valters Paintner, Sorin Books, 2011

Journaling

Story Telling

Music and Spiritual Practice

Altars and sacred space

Sabbath

Spiritual Leaders throughout History

Mystics and Misfits: Meeting God through St. Francis and Other Unlikely Saints by Christiana N. Peterson, Herald Press, 2018

To Live in God: Daily Reflections with Walter Rauschenbusch by Dennis L. Johnson, Judson Press, 2020. Note: also available-study guide for group or individual discussion and Advent reading plan.

Self-Care and Spirituality

Addicted to Hurry: Spiritual Strategies for Slowing Down by Kirk Byron Jones, Judson Press, 2003

Rest in the Storm: Self-Care Strategies for Clergy and Other Caregivers by Kirk Byron Jones, Judson Press, 2001

Laugh Your Way to Grace-Reclaiming the Spiritual Power of Humor by Rev. Susan Sparks, Skylight Paths, 2013

Soul Tending (a compilation of spiritual practices), Abingdon Press, 2002

Leadership and Spirituality

Spiritual Practices for Effective Leadership by Debora Jackson, Judson Press, 2015

The Mystic in You by Bruce G. Epperly, Upper Room Books, 2017

African American Resources

Kaleidoscope/ Broadening the Palate of Spiritual Direction by Ineda Adesanya, Editor, Church Publishing, 2019

The Centering Moment by Howard Thurman, Friends United Press, 1969

With Head and Heart: An Autobiography by Howard Thurman, Harcourt Brace, 1979

Anchored in the Current/ Discovering by Howard Thurman: Gregory C. Ellison, Editor; West minister John Knox Press, 2020

Soul Care in African American Practice by Barbara Peacock; IVP, 2020

Joy Unspeakable by Barbara Holmes; Fortress Press, 2004

Forged in the Fire Furnace: African American Spirituality by Diana Hayes; Or is Press, 2012

Ain't Nobody Gonna Turn Me Around/ Stories of Contemplation and Justice, Taylor- Stinson; Church Publishing 2017

Beyond Suffering, African American Soul Care/ Spiritual Direction: Robert Kelleman, Karole Edwards; Baker Books, 2007

Apps

Labyrinth Journey-a small version of the Chartres Cathedral labyrinth, optional music

Centering Prayer-from Contemplative Outreach; provides guidelines, prayers, and chimes for a Centering Prayer practice.

Reimagining the Examen-provides a variety of reflections based on Ignatius' Spiritual Exercises

Mindful-daily practices in mindfulness and reflection

Videos

The Embodied Prayer of Julian of Norwich

<https://www.youtube.com/watch?v=IKdXyKzTXk>

The Welcoming Prayer-Sess. 1 (Center for Contemplative Outreach)

<https://www.youtube.com/watch?v=2HYZmBEcYPc>

Joan Chittister on spiritual direction: *Start with Relationships*

<https://www.youtube.com/watch?v=GRJnasBpaI0>

Magazines

Presence, Spiritual Direction International