



## FEATURED RESOURCES: SPIRITUAL FORMATION

### CHILDREN

#### Curriculum

- ***Shine: Living in God's Light*** is co-published by Brethren Press, publishing ministry of the Church of the Brethren, and MennoMedia, publishing ministry of Mennonite Church USA and Mennonite Church Canada. Good theological match for most CBF churches. Well-written and easy to use. Even if you don't use curriculum, you'll enjoy this.
- ***Shine On Story Bible*** — Beautiful multi-cultural multi-style artwork! Shine On has colorful illustrations designed by a variety of artists and clear, engaging language that stays true to the biblical text. Each full-page spread includes sidebars that offer questions and activities to reach children's hearts and minds. An ideal choice for a presentation Bible for younger children.
- ***Godly Play*** — Montessori-based curriculum of spiritual practice exploring the mystery of God's presence in our lives.
- ***Becoming Like Christ: Helping Children Follow Jesus***, first produced by CBF in 2009, is an updated and revised resource that seeks to aid families and ministers together who want to develop the faith of their children. Some ministers of children have used it for baptism/affirmation-of-faith classes with their children.
- ***Telling God's Story*** — by Peter Ennes: Year 1 & 2, Rachel Marie Stone Year 3 & 4, Olive Branch Books. Twelve-level series designed to take young students from elementary through high school, Telling God's Story: Year One provides weekly lessons for elementary-grade students, based on the parables and the Gospels.

### YOUTH

#### Curriculum

- ***Can I Ask That?*** Volumes 1 and 2, Sticky Faith Curriculum, Fuller Institute. Tools both to start conversations about hard questions, as well as to lead students toward discovering their own faith convictions.

## COLLEGE/YOUNG ADULTS

### Books

- ***Wonder, Fear, and Longing*** by Mark Yaconelli: A book of prayers that explores our greatest human emotions: love, fear, longing, suffering, compassion, etc. A great book to help young adults understand the concept of “presenting every request to God.”
- ***Sacred Rhythms: Arranging our Lives for Spiritual Transformation*** by Ruth Haley Barton: A book meant to help people integrate spiritual disciplines in their everyday rhythm.
- ***The Road Back to You: An Enneagram Study to Self-Discovery*** by Ian Morgan Cron and Suzanne Stabile: An introduction to the Enneagram with a special focus on spiritual formation and practices. A study guide is also available for small group discussion.
- ***Searching for Sunday: Loving, Leaving, and Finding the Church*** by Rachel Held Evans: Helps young people process their own faith apart from the faith of their family through one young woman's story.

### Curriculum

- ***Why Do You Believe That?*** by Mary Jo Sharp: A seven-week study that challenges young people to ask themselves why they believe what they do and create a belief system that is their own, not just one that they inherited.
- ***Everybody Always: Becoming Love in a World Full of Setbacks and Difficult People*** by Bob Goff: Spiritual formation with a focus on loving neighbor and stranger. Includes a guide for small group study.

# ADULTS

## Books

- ***Liturgy of the Ordinary: Sacred Practices in Everyday Life*** by Tish Harrison Warren: A lovely blending of practical formation and liturgical practices that would be great for small group discussion.
- ***Christ, My Companion: Meditations on the Prayer of St. Patrick*** by Marilyn Chandler McEntyre: A helpful reflection on the prepositions of the Prayer of St. Patrick and their implications for a life with Christ.
- ***A Rhythm of Prayer: A Collection of Meditations for Renewal*** edited by Sarah Bessey: Thoughtful prayers, poems, and reflections from progressive Christians.
- ***Psalms of Lament*** by Ann Weems: Contemporary Psalms for those walking through hard places.
- ***Every Good Endeavor: Connecting Your Work to God's Work*** by Timothy Keller: A helpful reflection on vocation for an individual or small group.
- ***The Making of an Ordinary Saint: My Journey from Frustration to Joy with the Spiritual Disciplines*** by Nathan Foster: Great companion book to Richard Foster's classic *Celebration of Discipline* written by his son. Great for Christians who question how spiritual practices can truly transform written in a very relatable style for a general audience.
- ***Faith After Doubt*** by Brian McLaren: Explores different stages of faith including periods of doubt. Designed for those who are in a wilderness period of asking big questions about faith. Helps provide a path forward to a place of harmony.
- ***An Altar in the World*** by Barbara Brown Taylor: Spiritual formation through greater connection with the created world and simple lessons of daily life.
- ***Liturgy of the Ordinary: Sacred Practices in Ordinary Life*** by Tish Warren: Looks at the ordinary habits of daily life as a means to experience sacred moments and spiritual formation.
- ***We Make the Road by Walking*** by Brian McLaren: The 52 (plus a few) weekly readings offer a simple curriculum of insightful reflections and transformative practices.
- ***Grateful: The Subversive Practice of Giving Thanks*** by Diana Butler Bass: With honest stories and heartrending examples from history and her own life, Bass reclaims gratitude as a path to greater connection with God, with others, with the world, and even with our own souls.

## ADULTS, *Continued*

### Books, *continued*

- ***The Good and Beautiful God*** by James Bryan Smith IVP Worth it for the "Soul Training" practices in each chapter.
- ***Daily Feast: Meditations from Feasting on the Word*** : A book series of daily devotionals, one volume for each of the three liturgical years—A, B, and C. Each day of the week contains scripture passages for the coming Sunday, excerpts from commentaries for reflection, a response, and a prayer. Ideal for daily meditation, journaling, teaching, and worship preparation.
- ***The Active Life*** by Parker Palmer: Short and approachable, the book aims to be a graceful exploration of a spirituality for our hectic lives. How to engage the world more deeply through a nurturing active life, and what it can teach us about ourselves, the world, and God.

### Curriculum

- ***Be the Bridge*** by Latasha Morrison: Small group study on racial justice and reconciliation within the church as a means to spiritual formation.
- ***Soul Feast: An Invitation to the Christian Spiritual Life*** by Marjorie J. Thompson: Guide to spiritual practices with both historical perspective and practical applications that works well as a small group study.
- ***Simple and Free: Seven Experiments Against Excess*** by Jen Hatmaker: Real-world examples of fasting in a variety of areas (food, clothes, media, possessions, spending) in order to guide spiritual formation.
- ***Faith Element*** Online lectionary based lessons with multiple teaching options for each week
- ***Reading Between the Lines*** One text from the lectionary readings is chosen each Sunday. The exploration begins with encountering the story found in the biblical text. The focus then shifts to how this story is happening in the world around us. Finally the questions turn toward how the story is an event in the lives of the people in the group. The journey through the text seeks life-giving questions that wait to be lived. Includes readings of poetry, prose, links to art, news excerpts, and more.

## SENIOR ADULTS

### Books

- ***Hard Choices for Loving People*** by Hank Dunn: Concise and clear, but incredibly practical and deeply spiritual. This book help people consider their goals for medical care before making decisions—for things like CPR, feeding tubes, dialysis, pacemakers, defibrillators, palliative care, and more. It helps those who are sick and their loved ones think about what the last stages of life can be.
- ***Remember You Are Dust*** by Walter Brueggemann: A deep exploration of important Old Testament passages, and the deep truths they teach us. This book helps us with our orientation in life—spiritually and physically. Good serious devotional thinking on how the right perspective can set us free.

## MINISTERS/EDUCATORS

*to practice spiritual formation, continue their own education or gain ideas to use in ministry*

### Books

- ***Spiritual Disciplines Handbook*** by Adele Ahlberg Calhoun: A compendium of spiritual practices. Lots of great ideas!
- ***A Future That's Bigger Than The Past*** by Samuel Wells: A dense read but appendix "Measuring the Kingdom" includes a fascinating construct of metrics for faith formation.
- ***Common Prayer: a Liturgy for Ordinary Radicals*** by Shane Claiborne, Jonathan Wilson Hartgrove, and Enuma Okoro. Available in print and as an app.
- ***The Soul of the Congregation: An Invitation to Congregational Reflection*** by Thomas E Frank: Every congregation is a unique culture of the practices, values, symbols, stories, language, and character that makes it particularly itself. By carefully observing this congregational culture and soul, we can deepen our understanding and appreciation for the congregation as it has endured, and recognize possibilities for ministry derived from the congregation's values and strengths.
- ***This Odd and Wondrous Calling*** by Lilian Daniel and Martin B. Copenhaver: Honest about the challenges of the vocation and reflective of its joy. Covers a diversity of subjects revealing the incredible variety of a pastor's day. The chapters move from comedy to pathos, story to theology, scripture to contemporary culture.

## MINISTERS/EDUCATORS

*to practice spiritual formation, continue their own education or gain ideas to use in ministry, continued*

### Podcasts

- **Renovare Podcast** A conversational podcast on spiritual formation and spiritual disciplines. Hosted by Nathan Foster.
- **Nomad** Processing life and faith in an increasingly secular world. Special guests from a variety of faith backgrounds join in the discussion.
- **All Things Considered** from BBC Radio Wales. This weekly 30-minute podcast is both timely and ancient. It explores stories of real life today—whether homelessness, addiction, music, and ministry—but also finds inspiration in the ancient lives of saints and ministry pioneers of the past. Always informative, balanced, and inspiring.

