Looking for God in Messy Places

It's easy to get high on God in America. But is this good religion? In a compelling follow-up to her memoir, Girl at the End of the World, Elizabeth Esther explores how religious fervor can become religious addiction. The evidence is everywhere. In families who inexplicably choose to harm their children in order to abide by cultic church doctrine. But in ordinary believers too who use God the same way addicts use drugs or alcohol—to numb pain, alter their mood, or simply to escape the realities of this messy, unpredictable thing called life. If you've ever wondered how a religion that preaches freedom and love can produce judgmental and unkind followers; if you've ever felt captive to the demanding God of your own childhood; if you've struggled to find contentment without needing another emotional hit from a "life-changing" conference or "mountain-top" experience, then Spiritual Sobriety is for you. The author, who grew up in a hyper-controlling church cult, will help you find hope and rebirth in the ruins of disillusioned faith. Filled with stories and warm, practical advice, Spiritual Sobriety offers a gentle path out of the desperate cycles of craving-euphoria-hangover and into a freer, clean-and-sober faith practice.

Ignatian Spirituality A to Z

A renowned political speechwriter rediscovers Judaism, finding timeless wisdom and spiritual connection in its age-old practices and traditions. "Sarah Hurwitz was Michelle Obama's head speechwriter, and with this book she becomes Judaism's speechwriter."—Adam Grant, New York Times bestselling author of Give and Take, Originals, and co-author of Option B After a decade as a political speechwriter—serving as head speechwriter for First Lady Michelle Obama, a senior speechwriter for President Barack Obama, and chief speechwriter for Hillary Clinton on her 2008 presidential campaign—Sarah Hurwitz decided to apply her skills as a communicator to writing a book . . . about Judaism. And no one is more surprised than she is. Hurwitz was the quintessential lapsed Jew—until, at age thirty-six, after a tough breakup, she happened upon an advertisement for an introductory class on Judaism. She attended on a whim, but was blown away by what she found: beautiful rituals, helpful guidance on living an ethical life, conceptions of God beyond the judgy bearded man in the sky—none of which she had learned in Hebrew school or during the two synagogue services she grudgingly attended each year. That class led to a years-long journey during which Hurwitz visited the offices of rabbis, attended
Jewish meditation retreats, sat at the Shabbat tables of Orthodox families, and read hundreds of books about Judaism—all in dogged pursuit of answers to her biggest questions. What she found transformed her life, and she wondered: How could there be such a gap between the richness of what Judaism offers and the way so many Jews like her understand and experience it? Sarah Hurwitz is on a mission to close this gap by sharing the profound insights she discovered on everything from Jewish holidays, ethics, and prayer to Jewish conceptions of God, death, and social justice. In this entertaining and accessible book, she shows us why Judaism matters and how its message is more relevant than ever, and she inspires Jews to do the learning, questioning, and debating required to make this religion their own. “Searching for meaning in the ancient scripture and traditions of Judaism, Sarah Hurwitz takes us along on an enriching journey of discovery. In Here All Along, she explores her birthright as a Jew and finds timeless and valuable life lessons.”—David Axelrod, director of the University of Chicago Institute of Politics and former senior advisor to President Barack Obama

The Spiritually Vibrant Home

A powerful plan to transform church members into impassioned disciples. Drawing on his experience at Prince of Peace, Foss makes the case for transforming congregations from a membership model to a discipleship model of church affiliation. The book begins with a careful analysis of recent patterns in church membership/demographics which argue for this paradigm shift. Subsequent chapters detail the unique leadership and organizational needs of a discipleship model; explore the building and maintaining of fundamental trust in God and in His people—as the cornerstone of the model; and provide practical helps for assessing the present and strategies for moving into the future. Addressed to rostered and non-rostered professional and non-professional church leaders interested in transforming their churches into centers for discipleship and mission, Power Surge makes the case for a dynamic, functional model of church affiliation that moves away from a membership model centered on prerogatives of membership to a discipleship model centered on the notion of Christian vocation/calling. It proposes a grace-centered, rather than legalistic, model of discipleship and builds a bridge through transferable principles between congregational mission mindedness and the individual Christian's life of faith. This book utilizes assessment tools and practical helps so that congregations can make the transition between membership and discipleship paradigms, as it draws on the experience of Prince of Peace Lutheran Church as a case study illustrating the principles of a discipleship model of church affiliation.

Messy Grace

Jesus did everything wrong: Poor judgment picking a team of disciples. Ministering to the wrong people. Angering the wrong people. Having outrageous expectations of his followers. Questionable teaching methods. Allowing others to have unrealistic opinions about his mission. A humiliating end followed by an improbable surprise ending. And then, somehow, inspiring millions to attempt to change the world in his name. Outlandish: An Unlikely Messiah, a Messy Ministry, and the Call to Mobilize shows how Jesus's ministry flew in the face of conventional wisdom, a ministry that would be described as misguided, mistaken, and miserable - and succeeded beyond his wildest dreams. Then, fast-forwarding two thousand years, learn how that kind of ministry is sorely needed today and the political, social, and organizational lessons to be learned from Jesus's radically different ministry.
Power Surge

Exploring the relationship between the spiritual and the sacred, the author of Growing Up Religious reveals the spiritual insights of Broadway performers, gospel singers, jazz musicians, poets, painters, weavers, and dancers.

Queer Spiritual Spaces (Open Access)

These are the meditations of a messy spirituality, the life-affirming ramblings of ordinary people who never intended their thoughts to be published and widely read. These anonymous prayers come from the meek, the poor in spirit, those who hunger and thirst for righteousness. Some of the authors might not even call themselves Christians, but they still believe in prayer and have dared to post their heart cries on the Internet, on university walls, on church walls and, even, on the walls of a brewery. Readers will appreciate these raw, honest non-religious psalms and lamentations. Full of life, the big and the small things, they address such issues as AIDS, a slice of pizza and rainbows. Or a teenager crying out for help with her compulsion to self abuse, an ex-con meditating on the meaning of freedom and a person contemplating the deep spiritual significance of a cereal package.

Creative Spirituality

I Guess I’m Not a Very Good Christian . . . Do you feel like: I don’t pray enough I don’t read my Bible enough I don’t share my faith enough I don’t love God enough I’m not committed enough I’m not spiritual enough Then this book is for you. Messy Spirituality was written for the silent majority of us who have been convinced that we just don’t do Christianity right. We spend most of our lives worried about what we don’t do instead of what we have done, focused on our imperfections instead of God’s fondness for the imperfect. Why? Because we’ve been bombarded with books, tapes, talks, seminars, and movies convincing us that real Christianity is all about perfection. Michael Yaconelli dares to suggest that imperfection, infiniteness, and messiness are, in fact, the earmarks of true Christianity; that real Christianity is messy, erratic, lopsided . . . and gloriously liberating. What if genuine faith begins with admitting we will never have our act completely together? Maybe messy disciples are exactly the kind of imperfect people Jesus came to earth for and whose company he actually enjoyed—and still enjoys. If you want to find Jesus today, look for him in the midst of burned-out believers, moral misfits, religious incompetents . . . men and women whose lives are, well, messy. Messy Spirituality is a strong antidote for the spiritual perfectionism in us all. Here are truths that can cut you loose from the tyranny of ought-to’s and open your eyes to the deep spirituality of being loved, shortcomings and all, by the God who meets you and transforms you in the midst of a messy and unpredictable life.

A Bigger Table

A master storyteller and spiritual director highlights the ways that we experience God in the midst of everyday difficulties, such as annoying people or failed ministry endeavors. We grow in compassion and spiritual maturity as we embrace these smaller trials.
Yearnings

Geneen Roth, author of the #1 New York Times bestseller Women Food and God, explains how to take the journey to find one’s own best self in this “beautiful, funny, deeply relevant” (Glennon Doyle) collection of personal reflections. With an introduction by Anne Lamott, This Messy Magnificent Life is a personal and exhilarating read on freeing ourselves from daily anxiety, lack, and discontent. It’s a deep dive into what lies behind our self-criticism, whether it is about the size of our thighs, the expression of our thoughts, or the shape of our ambitions. And it’s about stopping the search to fix ourselves by realizing that on the other side of the “Me Project” is spaciousness, peace, and the capacity to reclaim one’s power and joy. This Messy Magnificent Life explores the personal beliefs, hidden traumas, and social pressures that shape not just women’s feelings about their bodies but also their confidence, choices, and relationships. After years of teaching retreats and workshops on weight, money, and other obsessions, Roth realized that there was a connection that held her students captive in their unhappiness. With laugh-out-loud humor, compassion, and dead-on insight she reveals the paradoxes in our beliefs and shows how to move beyond our past to build lives that reflect our singularity and inherent power. This Messy Magnificent Life is a brilliant, bravura meditation on who we take ourselves to be, what enough means in our gotta-get-more culture, and being at home in our minds and bodies.

Dangerous Wonder

Dennis Jacobsen brings his many years of experience doing congregation-based organizing for justice into conversation with unique spiritual reflections. Jacobsen has learned along the way that deeper reflection must precede organizing action. He says, "As I age, I have respect for those who faithfully enter the inner room of their soul to meet and love God. Social action is messy and disruptive and noisy." Jacobsen turns to his work creating and meditating on icons to connect biblical themes and Christian personalities to guide those who are preparing for congregation-organizing and faith-based social action. His unique perspectives help anyone engaged in such work go deeper in prayer and devotion before diving into the messy work of organizing. This book follows his first volume, Doing Justice: Congregations and Community Organizing, in which Jacobsen explored biblical and theological reasons congregation-based organizing offers a faithful way of living out the teachings of Jesus. In this new volume, he seeks to integrate spiritual practices (reflections on iconography, in particular) that he claims are foundational to congregation-based community organizing. The book includes introductory chapters to describe his own spiritual practice around icons, several chapters on different figures and what can be learned or gleaned from them as one prepares for justice work. The final section provides a month-long daily office for doing justice, which participants may adopt in their life of prayer and faithful reflection.

You Don't Have to Be Perfect to Follow Jesus

God's call for us doesn't end when we retire. In fact, many of our biblical saints were in their later years before God called them to the adventures for which we know them: leadership, new life, transformation, healing. Their lives demonstrate that true callings are discerned not simply through reason and circumstance but also through self-knowledge and conversation with God. In Answering God's Call, spiritual director Barbara Lee uses Scripture-focused prayer to help readers connect with some of our elder saints and
consider what God reveals to us through their lives. We will spend time with Anna and Abram, Simon’s mother-in-law and Namaan the Syrian, a widow, a leper, a king, and a late-in-life mother-to-be, among others, who will open for us the calls to trust humility stillness forgiveness service radical change letting go choosing caregiving courage Dare to receive what your life is now—and ask God how to live it best.

Answering God's Call

Recapture the joy of being a child and apply it to your relationship with God. Ask the difficult questions about faith, then just take Jesus at His word. Includes discussion guide.

Rewilding Motherhood

Founder of the phenomenon social media account PreachersNSneakers tackles how faith, capitalism, consumerism, and (wannabe) celebrity have collided. What started as a joke account on Instagram has turned into a movement. Through this provocative project, the founder of PreachersNSneakers is helping thousands of Jesus followers wrestle with the inevitable dilemmas created by a culture obsessed with image and entertainment. In PreachersNSneakers: Authenticity in an Age of For-Profit Faith and (Wannabe) Celebrities, the author boldly confronts many of the difficult questions plaguing countless Christians’ minds, such as: Should pastors grow wealthy off of religion, and why do we get so angry when they do? Is it okay to stoke envy among others with curated “lifestyle” images on social media? Do we really believe that divine blessings are monetary, or is that just religious wallpaper to hide our own greed? Is there space in Christendom for celebrities like Kanye and Bieber to exist without distorting the good news? What about this: Is it wrong for someone like this author to call out faith leaders online and leverage “cancel culture” to affect change? PreachersNSneakers will navigate these challenging questions and many more with humor, wit, candor, and a few never-before-published hijinks. Each chapter will explore the various sides of the debate, holding space for readers to make up their own minds. The book will doubtlessly become a staple for church small groups, college ministries, and book clubs, emboldening struggling believers who want to live a more genuine faith. After all, the Lord works in mysterious colorways.

Emotionally Healthy Discipleship

If I asked you to name your favourite things—the things you love—how long would it take for you to name yourself? If you're anything like me, you've tried to love God and love others without thinking too much about yourself. Wanting to avoid self-centeredness, I doubted myself and condemned myself—I even hated myself—until I noticed the ancient words of Mark 12:31, "Love your neighbour as yourself." A gentle whisper led me in a new direction and everything in my life began to change. In You Are Enough, Jonathan Puddle teaches how to: Love your body and embrace the space you take up. Discern God's presence and feel safe with your creator. Get to know your emotions and inner life. Encounter love in the most scarred, scared, and sacred places of your heart. Love your whole self the way God does, with gentleness and compassion. Drawing from Scripture, trauma-informed therapy, Christian inner-healing, breathing and embodiment exercises, and silent prayer & contemplative spirituality, You Are Enough is a holistic healing journey
towards abundant life. Daily readings are easy to understand, with practical exercises to help you embrace the truth of your belovedness in every part of your mind, body, soul and spirit. Features guided audio and video meditations to take your journey to the next level. "This simple yet profound devotional will help you grow in love as it reveals unhealthy thinking, replacing it with truth." - Kim Walker-Smith, Jesus Culture "I anticipate deep heart healing and a new sense of wholeness for everyone who embraces Jonathan's gentle meditations." - Brad Jersak (PhD), theologian and author "Practical and poignant, personal and scriptural, this devotional packs a punch!" - Danielle Strickland, spiritual leader, justice advocate and author Jonathan Puddle is an award-winning writer, speaker, husband and father who hosts the popular interview show, The Puddcast. Having travelled the world and lived in many nations, Jonathan teaches from a culturally rich & spiritually inclusive framework. He writes about freedom, hope and sacrificial love at jonathanpuddle.com. Jonathan and his family reside in Ontario, Canada where they pastor families and children at a thriving community church.

GodSpace

"As a mom, wife, and social media entrepreneur, Mallika Chopra frequently wondered how she could possibly do one more thing. Like so many, she was taking lousy care of herself and having a difficult time finding richer meaning and purpose in each day, even though that was her business's mission. Living with Intent is a practical yet deeply personal look at her year-long journey to discover some workable answers. Along the way, she sat down with Andrew Weil, Eckhart Tolle, Gretchen Rubin, Marianne Williamson, Daniel Siegel, and others, who shared their valuable input and insight"--

Discernment

"A pastor with an unforgettable inside story shows evangelicals how to nurture healthy, respectful, and biblically informed relationships with people in the LGBT community"--

A Spirituality for Doing Justice

What does it take to have a spiritually vibrant household? Looking at everyday households of faith, original research from the Barna Group and Lutheran Hour Ministries shows that some of the healthiest, most vibrant homes extend beyond the nuclear family. Don Everts shows how these households practice spirituality, hospitality, and community that make them delightful places for living and thriving.

Writing on the Wall

Follow the stories of these "formers" who were steeped in their beliefs--a former fundamentalist, Pentecostal, liberal, feminist, communist, and several others--and walk with them on their journeys.
Chakradance

"Irwin Kula shows us how to to live our humanness -- the pleasures and the challenges, the messiness and the triumphs -- with a profound acceptance of our desires and foibles and a joy that can only come from understanding." --Deepak Chopra "Yearning. After twenty-three years as a rabbi, I can think of no more defining human experience." Life can be messy and imperfect. We're all looking for answers. And yet, as renowned rabbi Irwin Kula points out, the yearning for answers is no different now than it was in the times that gave rise to Moses, Buddha, and Jesus. Far from being a burden, however, these yearnings can themselves become a path to blessing, prompting questions and insights, resulting in new ways of being and believing. In this, his first book, Rabbi Kula takes us on an excursion into the depths of our desires, applying ancient Jewish tradition to seven of our most wonderful yearnings. Merging ancient wisdom with contemporary insights, Rabbi Kula shows how traditional practices can inform and enrich our own search for meaning. More importantly, he invites us to embrace the messiness and complexities of the human experience in order to fully embrace the endless and glorious project of life.

Spiritual Sobriety

Life is messy. It isn't a color-within-the-lines exercise. It's a wild and outrageous invitation full of uncertain outcomes. The mess of life is both inevitable and unexpected. It is filled with delightful mysteries and frustrating predicaments. In our disposable culture, we throw broken things away. So, what will we do with broken people, broken relationships, broken institutions, broken families, and of course, our very own broken selves? We are all broken and wounded. This book is about putting our lives back together, and allowing ourselves to be put back together, when life doesn't turn out as we expected it to. Based on his own heart-wrenching personal journals, Matthew Kelly shares how the worst three years of his life affected him, by exploring this question: Can someone who has been broken be healed and become more beautiful and more lovable than ever before? The answer will fill you with hope. There has never been a more urgent need for us to attend to what is happening within us. This is quite simply the right book at the right time.

Here All Along

Human beings are fundamentally relational—we develop, heal, and grow through relationships. Integrating insights from psychology and theology, Todd W. Hall and M. Elizabeth Lewis Hall present a definitive model of spiritual transformation based on a relational paradigm, showing how transformation works practically in the context of relationships and community.

Reimagining the Ignatian Examen

Pastors and church leaders want to see lives changed by the gospel. They work tirelessly to care for people, initiate new programs and ministries, preach new sermon series, and keep up with the latest trends. Sadly, it would seem that much of this effort is not resulting in deeply changed disciples. Why? Because many churches are unknowingly operating from a shallow discipleship that allows people to recycle the same problems year after year. Church goers are increasingly passive with lives not distinct from the culture. People are
not able to integrate anger and sadness. Many are defensive and incapable of revealing their own weaknesses. Church leaders desperately need a better way of teaching people what it means to follow Jesus in a transformative way. In Emotionally Healthy Discipleship, bestselling author Pete Scazzero combines three decades of wisdom with hard lessons from his own ministry journey. He lays out what is required for church leaders to multiply deeply-changed people who are growing in relationship with God, themselves and others. Scazzero begins with four beneath-the-surface, systemic gaps that undermine serious discipleship. He provides a clear vision for a church culture that deeply changes lives and then practically unpacks the seven biblical marks of emotionally healthy discipleship: Learn to Be Before You Do Follow the Crucified, Not the Americanized, Jesus Receive the Gift of Limits Befriend Suffering and Loss Break the Power of the Past Practice the Presence of People Lead Out of Brokenness and Vulnerability Finally, he lays out practical steps for you to create an emotionally healthy discipleship culture that actually has the power to change the world.

PreachersNSneakers

Women are often told by their communities that being a mother will complete or define them. But many mothers find themselves depleted and spiritually stagnant amid the everyday demands of being a mom. They long to experience a rich inner life but feel there is rarely enough time, energy, or stillness to connect with God in a meaningful way. This book takes the concept of rewilding and applies it to motherhood. Just as an environmentalist seeks to rewild land by returning it to its natural state, Shannon Evans invites women to rewild motherhood by reclaiming its essence through an expansive feminine spirituality. Drawn from the contemplative Catholic tradition and Evans's own parenting experience, Rewilding Motherhood helps women deepen their connection to God through practices inherent to the life they're living now. Topics include work-life balance, identity, solitude, patience, household work, and mission for the common good. Throughout, Evans encourages women to see motherhood as an opportunity to discover a vibrant feminine spirituality and a deeper knowledge of God and self.

Messy Spirituality

Discipleship means being like the Big Twelve disciples, right? But when you read the Gospels and Acts, it’s clear the disciples weren’t always on top of things. In fact, the disciples were clueless, selfish, erratic, inconsistent, and faithless at least half the time. But Jesus loved them and used them all the more for it. Author Mike Yaconelli scrubs away centuries of sentimental buildup and shows there’s hope for us too. In this updated thirty-day devotional, you’ll experience thirty character traits that are marks of a disciple, from boldness to weakness to preparedness. Each reading includes an event from Scripture, a description of that day’s trait, first-person commentary, the obvious and not-so-obvious truth lesson, and questions and journaling space that invite you to ponder and write about your experience. Common Core Standards: CCSS.ELA-Literacy.RL.9-10.1 and 11-12.1 CCSS.ELA-Literacy.RL.9-10.2 and 11-12.2

Messy Spirituality

No one likes to eat alone; to approach a table filled with people, only to be told that despite the open chairs there isn't room for you. The rejection stings. It leaves a mark. Yet this is exactly what the church has been saying to far too many people for far too long:
"You're not welcome here. Find someplace else to sit." How can we extend unconditional welcome and acceptance in a world increasingly marked by bigotry, fear, and exclusion? Pastor John Pavlovitz invites readers to join him on the journey to find "or build" a church that is big enough for everyone. He speaks clearly into the heart of the issues the Christian community has been earnestly wrestling with: LGBT inclusion, gender equality, racial tensions, and global concerns. A Bigger Table: Building Messy, Authentic, Hopeful Spiritual Community asks if organized Christianity can find a new way of faithfully continuing the work Jesus began two thousand years ago, where everyone gets a seat. Pavlovitz shares moving personal stories and his careful observations as a pastor to set the table for a new, more loving conversation on these and other important matters of faith. He invites us to build the bigger table Jesus imagined, practicing radical hospitality, total authenticity, messy diversity, and agenda-free community.

You Are Enough

“"This is beautiful and brilliant stuff, profound and plain, incredibly human, wise and charming. I trusted and enjoyed every word.”
—Anne Lamott, New York Times bestselling author about Looking for God in Messy Places
For any who feel frustrated and world-weary, and who want more than just wishful thinking or superficial spirituality, this book is for you! In these pages, my friend Jake Owensby poignantly shows how LOVE is what can truly give us hope to carry on: real love, God's love for us, our love for each other, right here, right now in all the struggles of this messy life. And God knows, we need this book NOW! —Bishop Michael Curry, Presiding Bishop of The Episcopal Church and author of Love is the Way: Holding on to Hope in Troubling Times Life is messy. We can get discouraged by setbacks, overwhelmed by busyness, and shaken by worry. Hope is the power that gets us out of bed in the morning and gives us the courage to face adversity. Looking for God in Messy Places by Jake Owensby is a book about how love gives us an inextinguishable hope. This book is for anyone who has ever been frozen in place by loss or regret, anyone who has endured suffering, cruelty, or rejection. From word to word and page to page, readers will experience themselves as God’s beloved—so that they can be hopeful.

From the introduction [This book is] For those whose struggles have been long and for those who are growing weary from heavy burdens. For those facing an unforeseen crisis or for those enduring a slow personal train wreck. For those whose throats have grown raw from crying for justice and for those whose wounds have gone unhealed. This is a book about hope, and I have written it especially for those who refuse to yield to discouragement and despair. Topics include: - The power of love to give us hope - The ways that God shows up in our daily lives - Recognizing God’s call in our lives - Becoming your true self - Having a sense of belonging - Forming a friendship with Christ - Contemplative faith

Manresa

Think you don't have time or space for spiritual stuff? That intimacy with God is impossible? Here's how-in the life you already live-you can make time and space for God. GODSPACE offers seven practices that help busy Christians pay attention to God. They help us align our sometimes messy daily lives with our spirituality. And they strengthen our most important relationships, giving our lives meaning, significance, and purpose. It's not holding a set of beliefs, reading the Bible, going to church, or even praying that determines how we connect with God. It's our pace of life. When we live hurried and distracted lives, we miss the chance to experience the intimacy we desire with God. Experience God more deeply and live more joyfully by exploring these seven spiritual practices:
Sabbath Hospitality Worship Simplicity Gratitude Generosity Critical thinking With abundant wit, humorous anecdotes, and authentic sharing of her own joys and struggles, KERI WYATT KENT guides us toward a deeper and more meaningful faith in the midst of our overcrowded, cluttered lives. A lay pastor at Willow Creek Community Church, where she has been a member for thirty years, Kent is the author of eleven books. She speaks at events and retreats around the country. Learn more at www.keriwyattkent.com.

Devotion

In Dangerous Wonder, Michael Yaconelli invites you to recapture the joy of being a child and apply it to your relationship with God. He encourages you to take Jesus at his word when told his hearers they must become as little children to enter his kingdom.

Bless This Mess

Drawn from extensive, new and rich empirical research across the UK, Canada and USA, Queer Spiritual Spaces investigates the contemporary socio-cultural practices of belief, by those who have historically been, and continue to be, excluded or derided by mainstream religions and alternative spiritualities. As the first monograph to be directly informed by 'queer' subjectivities whilst dealing with divergent spiritualities on an international scale, this book explores the recently emerging innovative spaces and integrative practices of queer spiritualities. Its breadth of coverage and keen critical engagement mean it will serve as a theoretically fertile, comprehensive entry point for any scholar wishing to explore the queer spiritual spaces of the twenty-first century.

The Book of Soul

What is discernment? Who was Peter Faber? Why do the Jesuits exude such optimism? Awareness. Emotions. Love. Work. We use such words every day in normal conversation, but those same words take on special meaning when used in the context of Ignatian spirituality. Other words and phrases, such as finding God in all things, are distinctly associated with the Ignatian approach to spiritual development. Acquiring a general grasp of these terms will prove invaluable to those who desire a better understanding of the Jesuit / Ignatian way of life. With Ignatian Spirituality A to Z, Jim Manney has provided a brief, informative, and entertaining guide to key concepts of Ignatian spirituality and essential characters and events in Jesuit history. The lexicon format allows readers to find terms quickly, and the concise descriptions are ideal for those new to the Ignatian story. From Pedro Arrupe to Francis Xavier, from Ad Majorem Dei Gloriam to Zeal, this book uncovers the rich language of the Jesuits. It will be an indispensable tool to anyone interested in Ignatian spirituality, to staff, faculty, and students at Jesuit institutions and schools, and to clergy and spiritual directors who advise others about prayer and spiritual matters.

Relational Spirituality

This book is the gift of a discerning heart that offers both practical and inspirational wisdom to those who would live a discerning life.
Beyond the Messy Truth

A devotional for teens presents a New Testament story, a description of the discipleship trait it presents, a modern-day application, brief analysis, scriptural references for further reading, and questions to consider, for each of thirty days. Original.

This Messy Magnificent Life

"It's easy in these times to allow ourselves to slip into resignation, isolation, or despair. The Book of Soul is an antidote." —Arianna Huffington, Founder & CEO, Thrive Global and Founder, Huffington Post "I recommend The Book of Soul for all of us wanting to stay connected to a deeper purpose." —Melinda Gates, New York Times Bestselling Author of The Moment of Lift "There is much to explore and savor in this [new] book [by] this incredibly talented writer, storyteller, poet, and teacher. The spiritual practitioner will rejoice in Nepo’s uncanny ability to consistently stretch our minds and souls with fresh musings." —Frederic and Mary Ann Brussat, Spirituality & Practice "I love all Mark’s books because of his deep insights and his amazing way with words, but there’s something truly special about this one. It feels like a compilation of the best and most profound ideas from his work. I want to savor each and every chapter." —Katy Koontz, Editor, Unity Magazine A powerful new book of spiritual awakening from #1 New York Times bestselling author Mark Nepo In The Book of Soul, Mark Nepo, the bestselling author of The Book of Awakening, offers a powerful guide to inhabiting an authentic and wholehearted life. After we are physically born, we must be spiritually born a second time, a process that takes place through the labor of a lifetime as we develop into more fully realized beings. The Book of Soul delves into the spiritual alchemy of that transformation in all its mystery, difficulty, and inevitability. The book is divided into four sections that mark the passages we all face: enduring our Walk in the World, until we discover Our True Inheritance, which allows us to live in the open by Widening Our Circle, as we Help Each Other Stay Awake. The Book of Soul is a piercing guide, replete with beautiful truths and startling insight, that leads us deeply into the process of transformation.

Life Is Messy

Dangerous Wonder

Balance your chakras to improve your life, with the powerful 'moving meditation' of Chakradance. If you like the idea of yoga, but not the challenging poses, Chakradance is for you. If you like the idea of meditation, but find it hard to sit still for more than a few minutes, Chakradance is for you. If you know you’ve got old ‘baggage’ to release, but find ‘talking therapy’ too awkward for words, Chakradance is for you. We all want to achieve that wonderful state of ‘well-being’ in which we feel happier, healthier, more grounded, more balanced, more fully ourselves and more fully alive! With Chakradance, more and more people are finding a way to achieve this. Our chakras are our energy centers (subtle, invisible, but essential to life), that hold mind, body and spirit together. The practice of Chakradance activates, tunes and balances your chakras, to improve your life. Eastern philosophies have long known about the dynamic inter-relationship of mind, body and spirit, and the West, thanks partly to advances in the field of neuro-science, is quickly
catching up hence the growth of yoga, of mindfulness, and a whole new world of "well-being" practices. In this book, Chakradance(TM) founder Natalie Southgate explains how this gentle yet powerful 'moving meditation' practice actually works, including examples and stories from her own life and the lives of Chakradancers all over the world. She demonstrates how working with your chakras, using music, movement and mandalas, can help you discover a deeper connection to your true authentic self, leading you to the most wonderful feeling of vibrant well-being. The book also includes links to downloadable chakra-specific music tracks and guided meditations so you can try it for yourself.

Living with Intent

"Spirituality" may be possible for a single, old, financially stable contemplative who has nothing to do but pray,' says Mike Yaconelli, 'But for people like you and me, with kids and mortgages and jobs and car payments, probably not.' There are many obstacles to the kind of spirituality we feel we ought to have: not enough time, feelings of inadequacy, lethargy, over-expectation, fear But we will be surprised to discover that true, Godly spirituality is not quite as inaccessible as we once thought. Mike Yaconelli writes from the heart, with humour and humanity, and bears favourable comparison with Philip Yancey and Richard Foster. Messy Spirituality is his first major book to be actively marketed in the UK.

The Renewing of Your Mind

"Pairing modern psychology with liberal Christian spirituality, Dr. Ellen O'Donnell and Rev. Molly Baskette deliver a clear and compelling modus operandi for making family life work--one rooted in research on parenting and Christian values, peppered with personal stories and a heavy dose of humor. When authors Ellen O'Donnell and Molly Baskette became parents, they read lots of books on parenting--many of them great. But when it came to practical suggestions that would help their family spiritually and psychologically, they came up short. Together, they sought out brainstorming actionable steps to help their families in ways that weren't being discussed in parenting books. This book is the fruit of their brainstorming and discussions. In Bless This Mess, readers will gain tools as they learn how to talk to kids about money, bodies, God, ethics, disability, and difference; how to stress less (really); how to embody an ethic of service to others; how to live a practice of deep generosity and gratitude; and, most of all, how to stop being so afraid all the damn time, as we raise our kids in an increasingly chaotic and often scary world. Both Christian spirituality and modern science can help us parent more fearlessly in an age of anxiety. With real-life examples and strategies to address the challenges of raising a toddler, preteen, or teenager, Bless This Mess guides parents of children at all stages of their development. Readers will shed stress with this resource they can turn to again and again for practical guidance as their children grow and the family encounters new challenges. Most important, readers will not feel alone, as they peruse relatable stories and are reminded of the companionship of God in their parenting journey"--

Stories of Emergence

God created the human brain knowing how powerful it would be. Our brains are the most powerful organ in our bodies. Modern
science has uncovered many new things regarding our brains and how they affect our everyday lives. The science continually sheds new light on how our minds work. Todd R. Vick, a veteran minister of thirty years and a Certified Transformational Coach, became fascinated with neuroscience after reading some modern books on the subject. He tried to introduce this knowledge to his congregation while teaching a Bible study on Romans 12:2, which tells us to be transformed by the renewing of our minds. In doing so, he learned more than he bargained for and it changed his life. In The Renewing of Your Mind, Pastor Todd leads the reader into some very intense personal reflection and confrontation, and then he opens a fresh spiritual conversation by asking new questions to old and outdated answers in our churches and society. With the heart of a pastor and the passion of a deep student of life, he combines the scientific and the spiritual while guiding us on a journey to total personal transformation by showing us how to use the brains that God gave us to take our spiritual lives to a whole new level.

The Gift of Hard Things

NEW YORK TIMES BESTSELLER * A passionate manifesto that exposes hypocrisy on both sides of the political divide and points a way out of the tribalism that is tearing America apart— from the CNN host hailed as "a star of the 2016 campaign" (The New York Times), now seen on The Van Jones Show Van Jones burst into the American consciousness during the 2016 presidential campaign with an unscripted, truth-telling style and an already established history of bridge-building across party lines. His election night commentary, during which he coined the term "whitelash," became a viral sensation. A longtime progressive activist with deep roots in the conservative South, Jones has made it his mission to challenge voters and viewers to stand in one another's shoes and disagree constructively. In Beyond the Messy Truth, he offers a blueprint for transforming our collective anxiety into meaningful change. Jones urges both parties to abandon the politics of accusation. He issues a stirring call for a new "bipartisanship from below," pointing us toward practical answers to problems that affect us all regardless of region or ideology. He wants to tackle rural and inner-city poverty, unemployment, addiction, unfair incarceration, and the devastating effects of the pollution-based economy on both coal country and our urban centers. Along the way, Jones shares memories from his decades of activism on behalf of working people, inspiring stories of ordinary citizens who became champions of their communities, and little-known examples of cooperation in the midst of partisan conflict. In his quest for positive solutions, Van Jones encourages us to set fire to our old ways of thinking about politics and come together to help those most in need. Includes an invaluable resource of contacts, books, media, and organizations for bipartisan bridge-building and problem solving. "Van Jones is a light in the darkness when we need it most. In the tradition of the great bridge builders of our past, Van's love for this country and all its people shines through." --Cory Booker, U.S. senator, New Jersey "Van Jones's voice has become an integral part of our national political debate. He is one of the most provocative and interesting political figures in the country." --Bernie Sanders, U.S. senator, Vermont

Outlandish

Following the example of St. Ignatius, we believe that praying the Examen will lead to a better life. The 500-year-old daily practice of honest self-assessment and reflection is a founding principle of Ignatian spirituality. What we don't know is if St. Ignatius ever felt like changing it up a bit. Jesuit speaker and author Mark Thibodeaux, SJ, is confident that St. Ignatius wouldn't mind a little flexibility
in his prayer. Join Thibodeaux as he guides you through new and unique versions of the Examen, totally flexible and adaptable to your life. In ten minutes, you can tailor your daily prayer practice to fit your personal and situational needs, further enhancing and deepening your meditation. Reimagining the Ignatian Examen—the only book of its kind—will lead you through a fresh and stimulating reflection on your past day, your present state of being, and your spiritual desires and needs for tomorrow.