

## **Spiritual Vitality Recommended Resources:**

### **By Mike Bowden**

#### **Books-**

- “An Unhurried Life” by Alan Fadling
- Spiritual Journey Trilogy by David Benner- “Surrender to Love”, “The Gift of Being Yourself”, “Desiring God’s Will”
- “With” by Skye Jethani
- “You are What You Love” by James K.A Smith
- “A Sacred Sorrow: Reaching out to God in the Lost Language of Lament” by Michael Card
- “The Attentive Life” by Leighton Ford
- “The Art of Christian Listening” by Thomas Hart
- “Shaped by the Word” by M. Robert Mulholland Jr.
- “Invitation to a Journey” by M. Robert Mulholland
- “The Rest of God: Restoring Your Soul by Restoring Sabbath” by Mark Buchanan
- “Emotionally Healthy Leadership” and “Emotionally Healthy Spirituality” by Peter Scazzero
- “Trauma & Resilience: Effectively Supporting those who Serve God” by Schaefer & Schaefer

#### **Studies/Training/Practices-**

- “Journaling as a Spiritual Practice” by Helen Cepero- a short book with creative exercises in journaling.
- “The Art of Spiritual Listening” by Alice Fryling- 8 studies for individuals or groups.
- “Known by Love” by Debbie Swindoll find at [Grafted Life Ministries](#) - a 12 week interactive study for groups.
- “The Art of Spiritual Leadership” find at [Grafted Life Ministries](#)- a six week course that can be done online and practiced in a group.
- [Unhurried Living Ministries](#) with Alan and Gem fadling
- “Crafting a Rule of Life” by Stephen A. Macchia - Twelve sessions for groups or individuals to develop an integrated spiritual life plan.
- “[Soul Care Institute](#)” by Potter’s Inn ministries

TEAM Blog post Sept. 24, 2018 by Mike Bowden: <https://team.org/blog/why-missions-cant-fix-your-relationship-with-god>