

Selected Bibliography—A Sampling of Spiritual Direction Resources

Bakke, Jeannette A., *Holy Invitations: Exploring Spiritual Direction*. Grand Rapids: Baker Books, 2000. *Holy Invitations* presents a thorough description of spiritual direction which shows how the heart of spiritual direction is prayerful listening for the presence of God in the life of the directee. Dialogues of direction conversations offer the reader the opportunity to explore how spiritual direction differs from other forms of spiritual friendship such as discipling or mentoring. The book includes a section about prayer, Scripture, discernment, Christian disciplines and experiences of God in the midst of life—topics which are often the focus of spiritual direction.

Barry, William A., and William J. Connolly. *The Practice of Spiritual Direction*. New York: Seabury Press, 1982. A classic work which describes the goals, practices, and some of the resistances which may emerge in spiritual direction. Particularly suited for people who feel called to be directors.

Benner, David G., *Sacred Companions: The Gift of Spiritual Friendship and Direction*, Downers Grove, IL: InterVarsity Press, 2002. A graceful addition to the discussion of spiritual direction which includes examples of the development of direction conversations over time.

Benner, David G. and Gary W. Moon, Editors, *Spiritual Direction and the Care of Souls: A Guide to Christian Approaches and Practices*. Downers Grove, IL: InterVarsity Press, 2004. A fine collection of descriptions of Spiritual Companionship in Seven Major Christian traditions including Orthodox, Roman Catholic, Episcopal, Reformed, Wesleyan-Holiness, Social Justice, and Pentecostal/Charismatic.

Cepero, Helen, *Journaling as A Spiritual Practice: Encountering God Through Attentive Writing*. Downers Grove: IVP Books, 2008.

Dougherty, Rose Mary, *Group Spiritual Direction: Community for Discernment*. Mahwah, N.J.: Seabury Press, 1995. The foundational text for group spiritual direction. _____ ed. *The Lived Experience of Group Spiritual Direction*. Mahwah, N.J.: Seabury Press, 2003. A collection of articles representing group spiritual direction. Very helpful.

Edwards, Tilden. *Spiritual Friend: Reclaiming the Gift of Spiritual Direction*. Mahwah N.J.: Paulist Press, 1997. A foundational, contemporary treatment of spiritual direction. _____ . *Tending the Soul: Companionship for the Deeper Spiritual Journey*. Mahwah, N.J.: Paulist Press, 2000. A basic text for directors and directees.

Fryling, Alice, *Seeking God Together: An Introduction to Group Spiritual Direction*. Downers Grove: IVP Books, 2009. An excellent introduction and guide for trying on group spiritual direction.

Guenther, Margaret, *Holy Listening: The Art of Spiritual Direction*. New York: Cowley Publications, 1992. A gentle introduction to spiritual direction which opens many doorways to consider and explore. Suitable for anyone interested to learn about spiritual direction.

May, Gerald G. *Care of Mind, Care of Spirit: Psychiatric Dimensions of Spiritual Direction*. San Francisco: Harper & Row, 1982. An excellent resource for those who are interested in both counseling and spiritual direction.

Phillips, Susan S., *Candlelight: Illuminating the Art of Spiritual Direction*, Morehouse Publishing. 2008. An important addition to spiritual direction literature through description of the experience with nine directees across several years.

Ruffing, Janet K., *Spiritual Direction: Beyond the Beginnings*, Mahawa NJ: Paulist Press, 2000. Topics suitable for directors and directees who have been on the journey with God for a long time.

Jeannette A. Bakke