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# Practical Theology Spiritual Direction From St Thomas Aquinas

## Peter Kreeft

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**How Then Shall We Guide?** Wipf and Stock Publishers  
Fathers Barry and Connolly see the work of spiritual direction as helping people to develop their relationship with God. In thinking and practice they have absorbed the insights of modern psychotherapy, but have not been absorbed by them. This highly practical book reflects the authors' experience at the Center for Religious Development in Cambridge, Massachusetts, where spiritual direction is available and where directors are trained.  
[Spiritual Direction](#) Routledge

This is a concrete, practical book about spiritual accompaniment. While there may be no shortage of books on this matter, most of these books remain somewhat abstract in the way they highlight the beauty of this ministry and point out its pitfalls. This book instead resembles a toolbox with a user's manual. In

six chapters, the author presents the following tools: 'there is no rush', 'listening by following', 'searching for the soul', 'going deeper', 'evaluating', and 'accompanying towards spiritual maturity'. By means of examples and case studies, he demonstrates how these tools may be used to good effect. Two introductory chapters discuss the choice for a practice-oriented book and the core values of an Ignatian approach to spiritual accompaniment. A final chapter specifically focuses on vocational discernment. New spiritual directors can learn from this book the tricks of the trade and experienced directors can be encouraged to reflect upon their own practice. Although it is written from a Roman Catholic, Jesuit background, this book may be used in a wider variety of Christian contexts.  
**Practical Theology in Progress**  
Canterbury Press

This introduction to the field of practical theology reclaims a theological vision for the life and work of the church. Pete Ward dispels the myth that practical theology is a distraction from the "real" tasks of ministry or from serious academic theological work. He argues that practical theology is part of the everyday life of the church and that there are a variety of possible approaches, helping readers evaluate the approach that is most appropriate to their ministerial context and

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theological tradition. This reliable, accessible resource will work well for those in training or in ministry.

Spiritual Dimensions of Pastoral Care Bloomsbury Publishing

Wondering what spiritual direction is all about?

Looking for a practical guide that covers everything from finding a spiritual guide to becoming one? This is your "how-to" book on the history, practice and ethics of spiritual guidance. Spiritual Direction 101 brings spiritual guidance down to earth, making it accessible to people from a variety of spiritual and religious traditions. This book gives you the nitty-gritty "here's how it's done" information, such as tips, tools, stories and descriptions to assist spiritual directors and build awareness in those seeking spiritual help. Spiritual Direction 101 is all you need to demystify the art of spiritual guidance and prepare you for a meaningful encounter--whether as a seeker or a guide. If you want an easy-to-follow primer, written from practical experience and years of training new spiritual guides, this is the one book to add to your spiritual library.

Ignatian Discernment of Spirits for Spiritual Direction and Pastoral Care Routledge

Most students of practical theology recognize

Richard R. Osmer as the originator of the

"consensus model" of practical theology, one of the most accessible and widely used models of practical theological model in the world. Yet Osmer's influence extends beyond practical theological method. Over his long career, his writing and teaching spanned Christian education, youth ministry, spirituality, and evangelism as well, giving each of these congregational practices new theological substance. A pastor as well as a scholar at heart, Osmer writes with the American congregation in mind, insisting on making theology central to every Christian practice. Consensus and Conflict traces Osmer's multi-faceted intellectual career from his days as seminarian through his professoriate at Princeton Theological Seminary and his role in the founding of the International Academy of Practical Theology. These themes unfold against the backdrop of ecclesial change that Osmer barely anticipated as a young pastor in New England and western North Carolina. The contributors to this volume bear witness to Osmer's indebtedness to social sciences,

theologians like Moltmann and Barth, his wide range of interests ranging from confirmation to redemptive agriculture to church planting, and his deep hope that the theological disciplines will play a more vital role in practical theology's future.

Mystic Bonfires Paulist Press

When Pope Benedict XVI called for the year of faith (October 11, 2012, until November 24, 2013), he invited the people of God to seek spiritual direction, for even the most devout Catholics have questions or struggle with elements of the faith or desire more focus. Where there are those in need of spiritual direction, there are those able to provide it. The purpose of this book is, therefore, to adequately prepare those engaging in the ministry of spiritual direction. The aim and objective of this ministry is to open our directees to the assistance of the Holy Spirit so that they may all discern how to be more fully themselves in Christ.

Listening for the Soul En Route Books & Media

Presenting a rich account of women's faith lives and, mapping women's meanings in their own right, this book offers an alternative to dominant accounts of faith development which failed to account for women's experience. Drawing on Fowler's faith development theory, feminist models of women's faith and social science methodology, the text explores the patterns and processes of women's faith development and spirituality in a group of thirty women belonging to, or on the edges of, Christian tradition. Integrating practical theological concern with Christian education and pastoral practice, this book will be of interest to all concerned with women's faith development, spirituality, education and formation, and those working in the fields of practical theology, pastoral care, adult theological education, spiritual direction and counselling.

The Way of Spiritual Direction Wipf and Stock Publishers

This is a book about pastoral priorities and

parochial spirituality. Mr. Thornton argues that considerations of biblical and philosophical theology, history, and psychology alike demand that pastoral work should be based on that Remnant of faithful souls--often very few in number--to be found in any parish; and that their training and direction is of very much greater importance than devising schemes to interest the multitude. He argues forcefully against the parochial activity which aims at adding numbers of individuals to the Church by methods of recruitment; this he holds to be theologically unsound and ascetically ineffective. His faith is that God will add to the Church such as are being saved when there is at the heart of the parish this Remnant living by rule, a center of adoration and charity--the rightful heir, he contends, of medieval monastic Order. There is probably no other modern work which attempts such a serious and thorough examination of the type of spirituality to which Christians can aspire in the world today.

**Spiritual Direction in Context A&C Black**  
This book explores the relationship between the practices of pastoral care and the practices of spiritual direction with the aim of enabling pastoral caregivers to draw upon the guiding principles, resources, and techniques of spiritual direction within the Christian tradition. With an emphasis on both "practice" and "presence", the book reclaims the tradition of "soul care" for the pastoral ministry, thereby complementing the medical, or crisis intervention, model of pastoral care with a wellness/growth model of pastoral care. **Listening for the Soul: -- Challenges clergy to take seriously the relationship between pastoral care and spiritual direction.-- Integrates theological and psychological insights with issues of spiritual life and formation.-- Includes a chapter on the spiritual formation of children.-- Provides practical guidance for integrating spiritual direction with pastoral care.-- Tends to the pastoral caregivers own needs for spiritual deepening.-- Includes reflection, questions and case studies to enable the text to function on both the individual reader and classroom levels.**

**Consensus and Conflict SPCK**  
This book represents a significant departure from most contemporary writing about spiritual direction. While most writers focus on long-term relationships of guidance, specifically envisioning long listening sessions, Bidwell changes focus. Spiritual direction, he insists, typically requires intervention in a specific crisis or situation or question, is not formal, lasts fewer than five sessions, and must be actively and intentionally focused on the person's growth. Bidwell's work shows what spiritual directors can learn from the short-term therapy model, especially about enabling people briefly but effectively to "learn to listen on their own and with others for God's presence." Focusing on how God is already active in the directee's life allows the participants to identify God's action and respond in ways that collaborate with that identified movement of the Spirit.

**Introducing Practical Theology Jessica Kingsley Publishers**  
It may well become a classic in this important area of spirituality. It is the reader's opinion that if you read only one book on this subject this year, *The Way of Spiritual Direction* should be the one." John G. Durbin, STL.

**Spiritual Direction Wm. B. Eerdmans Publishing**  
The shift from adolescence to adulthood, a recently

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identified stage of life called "emerging adulthood," covers an increasing span of years in today's culture (roughly ages 18-30) due to later marriages and extended education. During this prolonged stage of exploration and self-definition, many young adults drift away from the church. Here two authors--both veteran teachers who are experienced in young adult and campus ministry--address this new and urgent field of study, offering a Christian perspective on what it means to be spiritually formed into adulthood. They provide a "practical theology" for emerging adult ministry and offer insight into the key developmental issues of this stage of life, including identity, intimacy and sexuality, morality, church involvement, spiritual formation, vocation, and mentoring. The book bridges the gap between academic and popular literature on emerging adulthood and offers concrete ways to facilitate spiritual formation among emerging adults.

#### Pastoral Theology Canterbury Press

Written by significant researchers and practitioners within the field, this unique collection of key texts introduces the reader to practical theology. It critically explores the way in which the spiritual dimension of pastoral care has entered into constructive dialogue with other disciplines and ways of thinking, including: psychiatry, psychology, counselling, intercultural studies, educational methodology, narrative theory and political studies. Set within this multidisciplinary context, the individual contributions (a selection of articles from a leading journal of pastoral theology, *Contact: The Interdisciplinary Journal of Pastoral Studies*) cover a wide range of practical and theological issues that alert the reader to the spiritual dimension of pastoral care, such as bereavement, sexuality, ethics, learning disabilities, infertility, the meaning of pain, sickness and suffering and the nature of theology as a practical discipline. The book is an invaluable resource for practitioners, researchers, students and all who have an interest in the ways in which a spiritual dimension can enhance caring practices within a multidisciplinary context.

A Practical Christology for Pastoral Supervision

#### Wipf and Stock Publishers

There has been a marked increase of interest in the art of spiritual direction in recent decades. Yet in many circles, especially in ecumenical and interfaith contexts, it is unclear what grounds the practice of this ancient art. As a tradition's practice of spiritual direction expresses its particular theology, which, in turn, is shaped by its unique history, this work explains that ecumenical spiritual direction must make and retain the tri-perspective of history, theology, and method that faithfully reflects each tradition's distinctives as requisite for true ecumenical enrichment. The importance of this trinocular vision is brought into sharp focus through a comparative study of Ignatius of Loyola and John Calvin, where points of continuity and discontinuity between the Ignatian and Reformed traditions underscore the importance of this work's thesis.

#### Spiritual Direction Ignatius Press

Saint Thomas Aquinas has been admired throughout the ages for his philosophical brilliance and his theological sanity, but author and professor Peter Kreeft thinks the practical spiritual wisdom of Aquinas is just as amazing. In this book, Kreeft brings together 358 useful, everyday insights from Aquinas' masterpiece the *Summa Theologiae*. He pairs these easily digestible quotes from the *Summa* with his own delightfully written commentary in order to answer the kinds of questions real people ask their spiritual directors. These 358 passages from the *Summa* have helped Kreeft in his own struggles to grow closer to the Lord. His practical, personal, and livable advice is the fruit of his labors to apply the insights of Aquinas to his own quest for sanctity, happiness, and union with God.

#### Spiritual Formation in Emerging Adulthood Liturgical Press

In recent years, many Christian clergy, laity and mental health professionals have rediscovered the ancient practices of spiritual direction. Seen as a refreshing alternative to the techniques and limitations of modern psychology, such practices offer

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new insights for pastoral care. But many remain unclear on what spiritual direction is and whether its methods are applicable to their own clients and parishioners. Spiritual direction is a practice of Christian soul care that is found most notably in the Catholic, Orthodox and Episcopal traditions but is also present in Wesleyan/Holiness, Pentecostal/charismatic, social justice and Reformed communities. Predating modern counseling and psychotherapy movements but sharing key principles and insights for spiritual formation, spiritual direction offers significant resources for today's pastors, counselors, therapists, chaplains and other caregivers attuned to the work of God in people's lives. In this landmark volume, editors Gary W. Moon and David G. Benner, along with a team of expert contributors, provide a comprehensive survey of spiritual direction in its myriad Christian forms. Specific chapters offer careful historical perspective and contemporary analysis of how Christians from various backgrounds have practiced spiritual direction, with particular attention to each tradition's definition of spiritual direction, the process of authentic transformation, the role of the spiritual director, indicators of mature spirituality and other aspects of the spiritual direction process. Chapters also provide psychological and clinical insight into how spiritual direction is similar to, different from and can be integrated with psychotherapy and pastoral counseling to help others experience spiritual transformation and union with God.

Theological Context for Pastoral Caregiving  
Wm. B. Eerdmans Publishing

We are not alone. God is present with us. And God gives us companions on the journey. A

spiritual director is one such companion, offering spiritual guidance to help make sense of the faith journey interpret the significant markers on the road encourage us, particularly through the more difficult transitions and valleys of our pilgrimage and, most of all, to notice the ministry of the Spirit in our lives Gordon Smith writes: Even if we have been Christians and maturing in our faith for many years, we still need the encouragement and guidance that might come through spiritual direction. . . . Genuine humility is evident in our realization that we need a companion, a fellow pilgrim and Christian, who can help us discern and foster an attentiveness to God's presence in our lives. This is the gift of spiritual direction. Whether you are a director, a directee or simply someone who wants to learn more about this ancient ministry, you will find this book to be a helpful guide.

Five Pathways to Wholeness Zondervan

Spiritual direction is a burgeoning ministry in today's church where the emphasis is on joining in with what God is already doing in the world — an approach that presupposes spiritual discernment. This guide explores spiritual direction from biblical and theological perspectives and aims both to inform teaching and equip practitioners with greater reflective skills. Written by two experienced teachers and practitioners, it includes:

- God and Spiritual Direction — divine presence and absence, discerning God, relationship and the Trinity, images of the Holy Spirit;
- Humanity and God — being made in the image of God, sin, addiction, desire, freedom, psychology in direction;
- The Bible and Spiritual Direction — scripture as a source and authority for direction; uses and abuses of the Bible in direction;
- Spiritual Direction across the Christian traditions;
- Spiritual Direction and the Church — boundaries, accountability and safeguarding.

Soul Friendship InterVarsity Press

Here at last is a book that deals seriously

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and comprehensively with the rapidly growing field of spiritual direction. *Spiritual Direction* offers practical help to those clergy and laypersons who are responsible for the spiritual lives of other people. *Spiritual Direction* encourages spiritual directors to take their responsibilities seriously and professionally, moving spiritual direction away from "cozy little chats" to the "cold, hard slab" of the examining table. Equipped with certain skills--a keen knowledge of human psychology and an awareness of biblical and contemplative traditions--the spiritual director objectively examines the client, then offers concrete guidance for the spiritual life of the client. As a prominent figure in pastoral theology and Anglican spirituality for three decades, Martin Thornton is uniquely qualified to offer us insights into spiritual direction. He restores credibility and professionalism to spiritual direction, which is at once hard, analytical, and supportive. Thornton writes with wit, common sense, and an absence of sentimentality on a topic that calls for serious attention. *Spiritual Direction* is important reading for the increasing numbers of laypeople involved in spiritual direction, as well as for clergy and pastoral counselors.

#### Handbook for Spiritual Directors Wipf and Stock Publishers

There has been a marked increase of interest in the art of spiritual direction in recent decades. Yet in many circles, especially in ecumenical and interfaith contexts, it is unclear what grounds the practice of this ancient art. As a tradition's practice of spiritual direction expresses its particular theology, which, in turn, is shaped by its unique history, this work explains that ecumenical spiritual direction

must make and retain the tri-perspective of history, theology, and method that faithfully reflects each tradition's distinctives as requisite for true ecumenical enrichment. The importance of this trinocular vision is brought into sharp focus through a comparative study of Ignatius of Loyola and John Calvin, where points of continuity and discontinuity between the Ignatian and Reformed traditions underscore the importance of this work's thesis.