

Finding Rest Suggested Readings

Below are a few suggested readings that might be helpful to consider at this stage in The Journey. However, there are many other valuable resources to further your Christian development, so please do not limit yourself to this list.

Instructions

To help you along your discipleship journey, we have provided a self-study program that you can use, along with participating in worship, service and classes at BUMC. To get the most out of your journey, it will be helpful for you to keep a journal and take notes about your experiences and reflections. After completing each reading, you may want to guide your thoughts by asking questions such as:

- What are my biggest take-aways from the readings?
- What is God teaching me?
- What from these readings can I apply to my life?
- What made me feel the most uplifted? Why?
- What made me feel the most unsettled? Why?
- Did the readings help me to desire to have more love for God and neighbor? How?

Suggested Readings

[*New Seeds of Contemplation*, by Thomas Merton and Sue Monk Kidd](#)

[*The Confessions by Augustine*, translated by Maria Boulding](#)

[*Sacred Fire: A Vision for Deeper Human and Christian Maturity*, by Ronald Rolheiser](#)

[*Eager to Love: The Alternative Way of Francis of Assisi*, by Richard Rohr](#)

[*Putting on the Mind of Christ*, by Jim Marion](#)

[*Sophia: The Hidden Christ of Thomas Merton*, by Christopher Pramuk](#)

[*Thinking the Faith, Confessing the Faith, Professing the Faith \(A 3 volume set\)*, by John Douglas Hall](#)

[*The Inward Journey*, by Rev. Howard Thurman](#)

[*The Little Flowers of St. Francis of Assisi*, by Ungolino di Monte Santa Maria](#)

[*The Sacred Year*, by Michael Yankoski](#)

Prayer: Finding the Heart's True Home, by Richard Foster

Introduction to the Devout Life, by St. Francis de Sales

The Mountain of Silence, by Kyriacos C. Markides

A Plain Account of Christian Perfection, by John Wesley