

Just published

DAVID RUNCORN

SPIRITUALITY
workbook

A Guide for explorers,
Pilgrims and Seekers

SPIRITUALITY
WORKBOOK

- a guide for Explorers,
Pilgrims and Seekers –

by David Runcorn

SPCK £10.99

This book offers :

- **A course book for studying Christian Spirituality at all levels of Ministry Training.**
- **A theological, historical and experiential workbook for exploring the Diverse riches of Christian Spirituality.**
- **A resource for discussion and fellowship groups.**
- **A personal travel companion for people wanting to journey and grow in Their spiritual life.**

About the book - from the back cover

Spirituality Workbook is many things: a book of riches and surprises; a guidebook for explorers who want their spiritual life to go deeper; an invaluable aid for those seeking to travel faithfully in a strange land; and it is itself a journey through the many facets of Christian spirituality. In five sections, David Runcorn suggests and integrated vision for Christian spirituality. 'Then and Now' looks at roots, historical and ancient spiritual ways, and the rules of living for diverse communities and their modern relevance. 'Life together' considers the essential role of community in spirituality, while 'Becoming who I am' explores the relationship between spirituality, humanity, identity and the stages of our life journey. 'When you pray ... ' examines some of the ways we pray and our understanding of prayer. The final section, 'In the midst of life', is about Christian spirituality lived in the real and often difficult. The author provides numerous s=inspiring and engaging examples, exercises to bring the text alive and to help us apply spiritual techniques, and suggestions for further reading, all of which make this a book to live by as well as one to pray and learn with.

David Runcorn is Director of Ministry Development in Lichfield Diocese and previously taught Pastoral Theology and Spirituality at Trinity Theological College, Bristol. He is the author of a number of books, most recently *Choice, desire and the will of God - what more do you want* (SPCK 2004)

Spirituality Workbook

Contents

Introduction – On learning to sing in a strange land

Then and now - *insights from Christian history and tradition*

1. A way in the wilderness – the spirituality of the desert.
2. The Lord is here =- spiritual roots in Anglican spirituality.
3. Power in the Name – The Jesus Prayer in the Orthodox Tradition.
4. Fire from heaven – Pentecostal spirituality.
5. Beneath the cross of Jesus – spirituality in the Evangelical tradition.

Life Together - *spiritual life in community*

6. Into the unknown – community and spiritual life.
7. Shapes for living – seeking a rule of life.
8. In the breaking of the bread – communion, sacrament and spiritual life.
9. As it is in heaven – prayer, personality and diversity.

Becoming who I am - *identity, personhood and spirituality*

10. With unveiled face – identity and prayer.
11. Flesh and spirit - praying in the body.
12. Sexuality and the sacred – prayer and the passions.
13. The changing scenes of life.
 - spiritual development and the stages of life.

When you pray....

14. Before God with the people on your heart – the prayer of intercession.
15. The joy of being wrong – confessing and forgiving.
16. When the Spirit comes – the charismatic spirit in spirituality.
17. In search of words that raise the dead
 - liturgies and shapes to pray with.
18. In the life of the Word – Ignatius, the Bible and prayer.

In the midst of life - *spirituality in a real world*

19. Every bush is burning – praying in creation.
20. Praying in rapids and whirlpools – spirituality in times of change.
21. Peace be with you – praying in the midst of division and violence.
22. That I may receive my sight – contemplating the world.
23. On being spies of God – mission and spirituality.