Christian Spiritual and Mystical Practices

This web page is divided into three sections: 1) writings that focus on specific spiritual and mystical practices; 2) writings that focus on multiple spiritual and mystical practices; and 3) websites that focus on specific and multiple spiritual and mystical practices.

1. Writings that focus on specific spiritual and mystical practices

**Centering Prayer**

- *Centering Prayer and Inner Awakening* by Cynthia Bourgeault;
- *Centering Prayer: Renewing an Ancient Christian Prayer Form* by Basil Pennington;
- *Intimacy with God: An Introduction to Centering Prayer* by Thomas Keating;
- *The Path of Centering Prayer: Deepening your Experience of God* by David Frenette.

**Lectio Divina (Sacred Reading)**

- *Discovering Lectio Divina: Bringing Scripture into Ordinary Life* by James C. Wilhoit and Evan B. Howard;
- *Lectio Divina: How to Pray Sacred Scripture* by Dan Korn;
- *Lectio Divina: Renewing the Ancient Practice of Praying the Scriptures* by M. Basil Pennington;
- *Lectio Divina—The Sacred Art: Transforming Words and Images into Heart-centered Prayer* by Christine Valters Painter;
- *Sacred Reading: The Ancient Art of Lectio Divina* by Michael Casey;
- *Too Deep for Words: Rediscovering Lectio Divina* by Thelma Hall.

**Prayer of Examen**

- *A Simple, Life-Changing Prayer: Discovering the Power of St. Ignatius Loyola's Examen* by Jim Manney;
- *The Examination of Conscience* by George Aschenbrenner;
- *The Examen Prayer: Ignatian Wisdom for Our Lives Today* by Timothy M. Gallagher;
- *The Ignatian Adventure: Experiencing the Spiritual Exercises of St. Ignatius in Daily Life* by Father Kevin O'Brien SJ.

**Prayer Offices of the Day**

- *Music of Silence: A Sacred Journey through the Hours of the Day* by David Stendl-Rast and Sharon Lebell;
- *Lord, Open My Lips: The Liturgy of the Hours As Daily Prayer* by Seth H. Murray;
• The School of Prayer: An Introduction to the Divine Office for All Christians by John Brook.

Silence

• Invitation to Solitude and Silence: Experiencing God's Transforming Presence by Ruth Haley Barton.
• Keeping Silence: Christian Practices for Entering Stillness by C.M. McPherson;
• On Silence: 30 Days to a Powerful Spiritual Practice by Joseph Dispenza;
• Words from Silence: An Invitation to Spiritual Awakening by Leonard Jacobson.

2. Writings that focus on multiple spiritual and mystical practices

• Monastic Practices by Charles Cummings, OCSO
• Protestant Spiritual Practices: Theology, History, and Practice by Joseph D. Driskill;
• Sacred Chaos: Spiritual Disciplines for the Life You Have by Tricia McCary Rhodes;
• Sacred Rhythms: Arranging Our Lives for Spiritual Transformation by Ruth Haley Barton;
• Soul Feast: an Invitation to the Christian Spiritual Life by Marjorie J. Thompson;
• Spirit Awakening: A Book of Practices edited by Paul Chafee & Judith Favor;
• Spiritual Disciplines Handbook: Practices that Transform Us by Adele Ahlberg Calhoun;
• Spiritual Traditions for the Contemporary Church edited by Robin Maas & Gabriel O’Donnell, O.P.;
• Teachings of the Christian Mystics edited by Andrew Harvey;
• The Sacred Way: Spiritual Practices for Everyday Life by Tony Jones.

3. Web sites that focus on specific spiritual and mystical practices

There are also many web sites that describe numerous spiritual practices which also primarily focus on ways to cultivate an intimate, personal, and private relationship with God. I grouped some of the web sites under five of the many spiritual practices that can be found through various web sites that hopefully will remain active. They include:

Centering Prayer

• http://www.contemplativeoutreach.org/category/category/centering-prayer
• http://www.contemplativeoutreach.org
• http://www.kyrie.com/cp

Examination of Consciousness

• http://norprov.org/spirituality/ignatanprayer.htm
• http://www.ignatianspirituality.com/ignatian-prayer/the-examen/consciousness-examen
• http://www.soulshepherding.org/2012/12/the-examen-of-consciousness-to-practice-gods-presence
• http://www.jesuit.org/ignatian-spirituality

Lectio Divina

• http://lectio-divina.org
• http://www.valyermo.com/ld-art.html
• http://www.contemplativeoutreach.org/category/category/lectio-divina

Prayer Offices of the Day

• http://divineoffice.org/liturgy-of-the-hours
• http://universalis.com
• http://www.anglicanbreviary.net/office.html

Silence

• http://www.spiritualityandpractice.com/practices/practices.php?id=28
• http://www.wellfedspirit.org/spirituality_pages/silence.html

4. Web sites that focus on multiple spiritual and mystical practices

There are also many articles that describe numerous spiritual practices which also primarily focus on ways to cultivate an intimate, personal, and private relationship with God. The following list contains web sites that provide articles and papers about various spiritual practices along with books, courses, and other types of publications.

• http://www.spiritualityandpractice.com/practices
• http://www.spirithome.com
• http://conversationsjournal.com
• http://www.innerexplorations.com/chmystext/christia.htm
• http://www.contemplativeoutreach.org