



# A READING PLAN FOR SPIRITUAL DEVELOPMENT

## BEGINNER LEVEL: General Spiritual Development

- Daniel Burke, *Navigating the Interior Life: Spiritual Direction and the Journey to God*
- Paulo Coelho, *The Alchemist*
- Rachel Held Evans, *Searching for Sunday: Loving, Leaving, and Finding the Church*
- Viktor Frankl, *Man's Search for Meaning*
- Theodore Hesburgh, *God, Country, Notre Dame: The Autobiography of Theodore M. Hesburgh*
- James Martin, SJ, *Becoming Who You Are: Insights From Thomas Merton and other Saints on the True Self*
- James Martin, SJ, *The Jesuit Guide to (Almost) Everything: A Spirituality for Real Life*
- James Martin, SJ, *My Life with the Saints*
- Anthony de Mello, *The Way to Love*
- Anthony de Mello, *Awareness: The Perils and Opportunities of Reality*
- Parker Palmer, *Let Your Life Speak: Listening for the Voice of Vocation*

## INTERMEDIATE LEVEL: General Spiritual Development

- Robert Barron, *Catholicism: A Journey to the Heart of the Faith*
- Murray Bodo, *Francis: The Journey and the Dream*
- David Brooks, *The Second Mountain: The Quest for a Moral Life*
- Dorothy Day, *The Long Loneliness*
- C.S. Lewis, *The Four Loves*
- C.S. Lewis, *The Great Divorce*
- C.S. Lewis, *Surprised by Joy: The Shape of My Early Life*
- Anthony Lilles, *Hidden Mountain Garden: A Theological Contemplation on Prayer*
- Anne Morrow Lindbergh, *Gift from the Sea*
- Ralph Martin, *The Fulfillment of All Desire: A Guidebook for the Journey to God Based on the Wisdom of the Saints* (Audible version recommended)
- Gerald May, *Addiction and Grace: Love and Spirituality in the Healing of Addictions*
- Thomas Merton, *New Seeds of Contemplation*
- Susan Muto, *A Feast for Hungry Souls: Spiritual Lessons from the Church's Greatest Masters and Mystics*
- Henri Nouwen, *The Life of the Beloved: Spiritual Living in a Secular World*
- Flannery O'Connor, *The Complete Stories*
- Ronald Rolheiser, *The Holy Longing: The Search for a Christian Spirituality*
- *Rule of St. Benedict*
- St. Therese of Lisieux, *Story of a Soul: The Autobiography of St. Therese of Lisieux (the Little Flower)*
- Howard Thurman, *The Inward Journey*
- Elizabeth Wagner, *Seasons in My Garden: Meditations from a Hermitage*



## MASTER LEVEL: General Spiritual Development

- Robert Alter, *The Hebrew Bible: A Translation with Commentary*
- St. Thomas Aquinas, *Summa Theologica*
- St. Augustine, *City of God*
- St. Augustine, *Confessions*
- Dietrich Bonhoeffer, *The Cost of Discipleship*
- *The Cloud of Unknowing*
- St. Francis de Sales, *Introduction to the Devout Life*
- David Bentley Hart, *The New Testament: A Translation*
- St. Hildegard of Bingen, *Selected Writings*
- St. John of the Cross, *Dark Night of the Soul*
- C.S. Lewis, *The Screwtape Letters*
- Thomas Merton, *The Seven Storey Mountain*
- St. Teresa of Avila, *Interior Castle*

## HOW TO PRAY

- Fr. Thomas Acklin, OSB and Fr. Boniface Hicks, OSB, *Personal Prayer: A Guide to Receiving the Father's Love*
- John Bartunek, *A Better Part A Christ Centered Resource for Meditation and A Guide to Christian Meditation*
- Thomas H. Green, *Opening to God: A Guide to Prayer*
- Matthew Kelly, *I Heard God Laugh: A Practical Guide to Life's Essential Daily Habit*
- James Martin, SJ, *Learning to Pray: A Guide for Everyone*
- *Prayer Enrichment Guidebook: Exploring Seven Traditional Forms of Prayer*  
from the McGrath Institute for Church Life

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## FAITH IN ACTION & SERVICE

- Greg Boyle, *Tattoos on the Heart: The Power of Boundless Compassion*
- Greg Boyle, *Barking to the Choir: The Power of Radical Kinship*
- Daniel Groody, *Globalization, Spirituality, & Justice*
- Michael Himes, *Doing the Truth in Love: Conversations about God, Relationships and Service*
- Martin Luther King, Jr., *Strength to Love*
- Howard Thurman, *Jesus and the Disinherited*

## PAPAL WRITINGS

- Benedict XIV, *Deus caritas est*
- Francis, *Evangelii Gaudium*
- Francis, *Fratelli tutti*
- Francis, *Gaudete et Exsultate*
- St. John XXIII, *Pacem in Terris*
- St. John Paul II, *Redemptor Hominis*
- Leo XIII, *Rerum Novarum*

## OTHER CHRISTIAN TRADITIONS

- Fyodor Dostoevsky, *The Brothers Karamazov*
- Leo Tolstoy, *The Kingdom of God is Within You*
- Kallistos Ware, *The Orthodox Way*
- Dallas Willard, *The Divine Conspiracy: Rediscovering Our Hidden Life In God*

## OTHER FAITH TRADITIONS<sup>1</sup>

- *Bhagavad Gita*
- Mohandas K. Gandhi, *Autobiography: The Story of My Experiments with Truth*
- Tenzin Gyatso (the 14th Dalai Lama) and Desmond Tutu, *The Book of Joy: Lasting Happiness in a Changing World*
- Abraham Joshua Heschel, *The Sabbath*

<sup>1</sup> “The Catholic Church rejects nothing that is true and holy in these religions. She regards with sincere reverence those ways of conduct and of life, those precepts and teachings which, though differing in many aspects from the ones she holds and sets forth, nonetheless often reflect a ray of that Truth which enlightens all men.” - Vatican II, *Nostra Aetate*, 2.

- Bradley Malkovsky, *God's Other Children: Personal Encounters with Love, Holiness, and Faith in Sacred India*
- Stephen Mitchell, *Tao Te Ching: A New English Version*
- Gabriel Said Reynolds, *The Qur'an and the Bible: Text and Commentary*
- Jalal al-Din Rumi and Jawid Mojaddedi, *The Masnavi, Book One*
- Rabbi Lord Jonathan Sacks, *The Great Partnership: God, Science and the Search for Meaning*
- Huston Smith, *The World's Religions*

### EMAIL NEWSLETTERS

- [Richard Rohr's Daily Meditations](#)
- [Fr. Ron Rolheiser](#)
- [ND Gospel Reflection](#)
- [Word on Fire](#)

### PODCAST RECOMMENDATIONS

- *Another Name for Everything with Richard Rohr*
- Fr. Mike Schmitz's *Bible in a Year* (and his [YouTube](#))
- *Bible Project Podcast* (and their [YouTube](#))
- *Everyday Holiness*
- *Jesuitical: A Podcast for Young Catholics*
- *Minding Scripture*
- *On Being*