

CONTENTS

- 1. Living the Life: Spiritual Formation Defined** 9
Mark A. Maddix
- 2. Knowing the Scriptures: How to Study the Bible as a Spiritual Practice** 18
George Lyons
- 3. Eating the Word: How to Read the Bible as Food for the Soul** 30
Richard P. Thompson
- 4. Following the Example: Using the Psalms for Spiritual Formation** 39
A. Wendell Bowes
- 5. Being Whole: Holiness and Sanctification as a Wesleyan Paradigm for Spiritual Formation** 48
Diane Leclerc
- 6. Attaining Perfection: Love for God and Neighbor** 65
Thomas Jay Oord
- 7. Finding the Means to the End: Christian Discipleship and Formation Practices** 74
Diane Leclerc
- 8. Building the Body: The Church as a Means of Grace** 87
Fred Fullerton
- 9. Worshipping as Created: God's Gift of Communal Worship and the Sacraments** 97
Brent D. Peterson
- 10. Making Time Stand Strong: Spiritual Formation Day by Day** 107
Jay Richard Akkerman
- 11. Breathing Faith: Christian Prayer and Contemplation** 116
Gary Waller
- 12. Recognizing Our Limitations: The Wisdom of Self-Care** 127
Joe Gorman
- 13. Hearing Between the Lines: The Practice of Listening for God** 138
Julene Tegerstrand
- 14. Dialoguing as Transformation: Formation Through Encounters with "The Other"** 147
Wm. Andrew Schwartz

15. Walking the Journey Together: Spiritual Direction and Mentoring <i>Rhonda L. Carrim</i>	157
16. Crossing the Boundaries: Spiritual Formation and Cross-Cultural Ministry <i>Randy Bynum</i>	167
17. Displaying Genuine Compassion: Spiritually Transforming the World <i>Joe Bankard</i>	176
18. Laying the Foundation: Spiritually Forming Families <i>Mark A. Maddix</i>	184
19. Developing True Faith: Spiritually Forming Adolescents <i>Michael A. Kipp</i>	193
20. Integrating Christlike Character: Spiritually Forming College Students <i>Gene Schandorff</i>	201
Notes	213