

Transformation Begins (Purgative Stage of the Spiritual Life): Sacred Scripture, of course, is always the foundation

- The Imitation of Christ – Thomas a Kempis
- Catechism of the Catholic Church (the *Compendium* is also a good introduction).
- Interior Freedom, Searching for and Maintaining Peace, Time for God, In the School of the Holy Spirit, Called to Life, The Way of Trust and Love – a retreat guide by Therese of Lisieux. All by Fr. Jacques Philippe. *Short and pithy, these books provide practical guidance about how to recognize, accept, and respond to God's loving action in our lives*
- The Better Part – Fr. John Bartunek
- The Fulfillment of all Desire – Ralph Martin
- Walking with God – Tim Gray and Jeff Cavins. *As an introduction to Sacred Scripture - the greatest story ever told - this book has few equals. The authors masterfully show the thread of God's presence running throughout the Bible.*
- Fundamentals of the Faith – Peter Kreeft
- Jean LaFrance, My Vocation is Love. *Find your way to total trust in God with St Therese of Lisieux as your guide.*
- Fr Timothy Gallagher, Discernment of Spirits, The Examen Prayer. *How do I make good decisions as a Christian? How can I distinguish the voice of the Holy Spirit from the other competing voices in my life? In these books, Fr Gallagher helps us to do exactly that.*
- Richard John Neuhaus: Death on a Friday Afternoon. *In these reflections on the Seven Last Words of Christ, Fr. Neuhaus brings us closer to the heart of God. This book is especially good for Lent.*

Achieving Stability, but Moving On (Illuminative Stage of the Spiritual Life): Sacred Scripture, of course, is always the foundation

- Catechism of the Catholic Church
- The Three Ages of the Interior Life – Fr. Reginald Garrigou-Lagrange
- I Want to See God – Mary Eugene of the Child Jesus
- Spiritual Theology – Fr. Jordan Aumann
- Human Frailty, Divine Redemption – Fr. Marko Rupnik. *Explores our redeemed relationship with God and, in him, with all creation. Rupnik especially highlights the role that the spiritual memory, exercised in the examen prayer, plays in discovering and living those redeemed relationships in everyday life.*
- Discernment: Acquiring the Heart of God – Fr. Marko Rupnik
- When the Well Runs Dry – Fr. Thomas Greene
- Drinking from a Dry Well - Fr. Thomas Greene
- Darkness in the Marketplace – Fr. Thomas Greene
- Weeds among the Wheat – Fr. Thomas Greene
- Introduction to the Devout Life – St Francis De Sales

- *Life and Interior Castle* – St Teresa of Avila
- *Collected Works* – St John of the Cross
- *Impact of God* – Fr. Iain Matthews
- *Into Your Hands, Father* – Fr. Wilfrid Stinissen. *God gives himself to us so completely that every moment of our lives is marked by his presence and action. Fr. Stinissen teaches us how to recognize this, and respond.*
- *The Dialogues of Divine Providence* – St Catherine of Sienna
- Donald Haggerty, *Contemplative Provocations*. *This book is directed to those who have undertaken a serious life of prayer. They are moved by a longing for a deeper encounter with God. It addresses the paradox in the experience of a soul who seeks God wholeheartedly. Rather than enjoying a more intimate familiarity with God, the soul advancing in prayer is likely to experience more intensely the concealment of God.*
- Caryll Houselander: *The Reed of God*. *As Pope Benedict XVI once said, the spiritual life can be summed up in two words: "Be Opened." In these meditations on Mary, the Mother of God, Caryll Houselander reflects on Mary's openness to God's action in her life and, in the process, she opens new windows to God in our own souls.*
- Thomas Dubay, *Fire Within*. *This book provides an insightful introduction to contemplative prayer.*

Becoming God's Instrument (Unitive Stage of the Spiritual Life)

- Revisit the above works, and, above all, Sacred Scripture

Lives of the Saints

God has given us heavenly friends to help us on our journey towards heaven. They are called saints, and they're given to us not so much for imitation as for inspiration. Here are some books to get started.

- *Story of a Soul* – St Therese of Lisieux
- *St Edmund Campion* – Evelyn Waugh
- *St Ignatius Loyola* – James Broderick
- *The Confessions* – St Augustine
- *St Catherine of Siena* – Sigrid Undset
- *Witness to Hope* – George Weigel
- *He Leadeth Me* – Fr. Walter Ciszek, S.J. (His cause for canonization is underway)

Literature

Reading good literature can be very helpful in our relationship with the Lord. Here are some ideas to get people started.

- The Song at the Scaffold – Gertrude Von Le Fort
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- Kristin Lavansdatter – Sigrid Undset
- Crime and Punishment – Feodor Dostoevsky
- The Lord of the Rings and the Silmarillion – J.R.R. Tolkien
- Joan of Arc – Mark Twain
- Brideshead Revisited – Evelyn Waugh
- Five for Sorrow, Ten for Joy – Rumer Godden
- Les Miserables – Victor Hugo
- Father Elijah – Michael O'Brien
- Quo Vadis – Henryk Sienkiewicz

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