Turning Disruption Into Transformation

Resources and Recommendations by Pam Robertson

1. *Jesus Calling App* - many of you already have this app on your phone, but how often do you open it? I keep mine front and center on my home screen—right next to my messages. That way it I am more likely to open the app and read the message.
2. *Daily Devotions* *that come right to your inbox.* I love Henri Nouwen’s. Sign up here: <https://henrinouwen.org>
3. Great book and starting place for spiritual formation: [Spiritual Formation: Following the Movements of the Spirit](https://www.amazon.com/Spiritual-Formation-Following-Movements-Spirit/dp/0061686131/ref=sr_1_1?s=books&ie=UTF8&qid=1510160713&sr=1-1&keywords=spiritual+formation+henri+nouwen&dpID=51odQHuToSL&preST=_SY291_BO1,204,203,200_QL40_&dpSrc=srch) by Michael J. Christensen and Rebecca J. Laird (HarperOne, 2010)
4. Fill your feed with inspiration! Follow great thinkers on social media: Contemplative Outreach, Centering Prayer and Thomas Merton.
5. Spiritual Unfoldment with John Butler, a daily devotional on Youtube. I love John’s simplistic outlook on life: <https://www.youtube.com/results?search_query=john+butler>
6. The Talking Joy Podcast! <https://www.talkingjoy.org/the-podcast>
7. Where are my feet? A simple practice that I use often is asking, “Where are your feet?” If we can muster this kind of “self-remembering,” by becoming aware of our feet, our breath, our beings, then we sense so much more. Perhaps this is a way that God is calling us to remember ourselves, to be more present to what is.
8. Lectio Divina - Find a simple word or phrase in the Bible that sparkles or jumps out for you. Quotes can be love songs to life. Sometimes that one phrase is all you need to hear to move forward toward transformation. Look up Nan Merrill’s book, Psalms for Praying.
9. Practice - athletes do. Praying first thing in the morning can set the tone for empowering you for the entire day. Upon waking, before my feet hit the floor I give thanks.
10. Get your emotions out of your body. Journaling - write down how you are feeling. We are living history right now. And don’t forget to move your body. Exercising and getting outside can be the perfect re-set when we feel stuck.

“The spiritual life is a journey toward becoming whole, a day to day movement of continually growing into the person we are meant to be.” ~Joyce Rupp

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