

Member Care Bibliography

Compiled by Dr. Stan and Deb Haegert

Baab, Lynne M. *Sabbath Keeping: Finding Freedom in the Rhythms of Rest*. Downers Grove: Intervarsity Press, 2005. An inspiring look at Sabbath keeping as a gift of God intended for our refreshment.

Barton, Ruth Haley. *Invitation to Solitude and Silence: Experiencing God's Transforming Presence*. Downer's Grove: InterVarsity Press, 2004. During her weekly Sabbath, Deb enjoys focusing on one of the practices outlined in each chapter.

Barton, Ruth Haley. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. Downer's Grove: InterVarsity Press, 2006. This book helped Deb to, among many things, recognize and respond more to God's Presence.

Brown, Brené. *The Gifts of Imperfection: Let Go of Who You Think You're to Be and Embrace Who You Are*. Center City, Minn.: Hazelden, 2010. Brown does not identify herself as a Christian, but she incorporates many of God's truths. She urges us to have courage to connect with others through compassion and authenticity, speaking the truth in love.

Brown, Brené. *I Thought it Was Just Me: Women Reclaiming Power and Courage in a Culture of Shame*. New York: Gotham, 2007. Brown helps us recognize the culture of shame we all live in, and how our vulnerabilities and imperfections are not weaknesses, but are points of connection with each other. Brown does not identify herself as a Christian.

Buchanan, Mark. *The Holy Wild: Trusting in the Character of God*. Seattle: Multnomah Books, 2005. Buchanan has a good section on stillness and rest versus busyness.

Buchanan, Mark. *The Rest of God: Restoring your Soul by Restoring the Sabbath*. Thomas Nelson Publishers, 2006. A wonderful and practical book about Sabbath as a practice and an attitude.

Buchanan, Mark. *Your God is Too Safe: Rediscovering the Wonder of a God You Can't Control*. Seattle: Multnomah Books, 2001. This is a book of spiritual disciplines "for 'God-evaders' who want to become 'God-chasers.'"

Card, Michael. *A Sacred Sorrow: Reaching Out to God in the Lost Language of Lament*. Colorado Springs: NavPress, 2005. Singer, songwriter, and author Michael Card explores the close connection between suffering and worship.

Cloud, Henry. *Necessary Endings: the Employees, Businesses, and Relationships That All of Us Have to Give Up in Order to Move Forward*. New York: HarperBusiness, 2010. Cloud provides strategies for ending things well, pruning, grieving, and welcoming new seasons of life into your worldview.

Cloud, Henry and John Townsend. *Boundaries: When to Say Yes, How to Say No, to Take Control of Your Life*. Grand Rapids: Zondervan, 1992. A pivotal book to help you understand the “personal property lines” that define who you are and who you are not in all realms of life...physical, mental, emotional and spiritual. The book is especially helpful for those who feel guilty when saying “no.”

Cordeiro, Wayne. *Leading on Empty: Refilling Your Tank and Renewing Your Passion*. Bloomington: Bethany House Publishers, 2009. A very personal first-hand account of a prominent pastor’s descent into burnout. Full of excellent practical steps to refresh, reflect on and restructure your life toward living intentionally rather than reactively.

Dodds, Lois. *Global Servants Vols I, II, III*. Liverpool: Heartstream Resources, 2011. Dodds describes the qualities of a resilient cross-cultural worker.

Giglio, Louie. *i am not but i know I AM*. Colorado Springs: Multnomah Books, 2005. Giglio devotes a significant section to the topics of rest, stillness, and Sabbath.

Kent, Keri Wyatt. *rest: Living in Sabbath Simplicity*. Grand Rapids: Zondervan, 2009. Kent gives very practical advice on learning to rest, and, no, the title is not capitalized.

Maslach, Christina. *Burnout: The Cost of Caring*. Cambridge: Malor Books, 2003. Probably the definitive work describing the burnout syndrome and offering remedies. Caution: the author does not identify herself as a Christian. Quotes and examples can sometimes be quite raw.

Mason, Mike. *Champagne for the Soul: Celebrating God’s Gift of Joy*. Vancouver: Regent College Publishing, 2006. Reflections on Mason’s three-month experiment actively pursuing joy.

McKeown, Greg. *Essentialism: the Disciplined Pursuit of Less*. New York: Crown Publishing, 2014. This book guides you through the process of saying “no” to the “trivial many” so that you can focus on the “essential few” and do those roles well.

Muller, Wayne. *Sabbath: Restoring the Sacred Rhythm of Rest*. New York: Random House, 1999. Muller’s book on Sabbath has been referred to countless times by authors who have written after him on the subject.

Niequist, Shauna. *Present Over Perfect: Leaving Behind Frantic for a Simpler, More Soulful Way of Living*. Grand Rapids: Zondervan, 2016. The author invites you to leave behind the pressure to be perfect and busy, and begin practicing simply being present, in the midst of life’s messes.

Ortberg, John. *The Life You’ve Always Wanted: Spiritual Disciplines*. Grand Rapids: Zondervan, 2002. Ortberg lists the symptoms of the “busy sickness” to which we can be

prone.

Scazzero, Pete. *Emotionally Healthy Spirituality: Unleash a Revolution in Your Life in Christ*. Nashville: Integrity Publishers, 2006. Scazzero shares his story of a boundary-less life as a pastor, avoiding conflict and ignoring his emotions. He urges emotional health and contemplative spirituality in order to live an authentic life in Christ.

Schubert, Esther. *What Missionaries Need to Know About Burnout and Depression*. New Castle: Olive Branch, 1993. Concise, clinical, easily referenced.

Thurman, Chris. *The Lies We Tell Ourselves*. Nashville: Thomas Nelson, 1999. An excellent look at the lies that creep into our thinking and spoil our health, relationships and spiritual fulfillment.

Voskamp, Ann. *One Thousand Gifts: A Dare to Live Fully Right Where You Are*. Grand Rapids: Zondervan, 2010. Voskamp invites us to slow down and live life fully.

Weaver, Joanna. *Having a Mary Heart in a Martha World: Finding Intimacy With God in the Busyness of Life*. Colorado Springs: WaterBrook Press, 2007. Weaver offers practical advice on how to balance work and worship.

Witt, Lance. *Replenish: Leading From a Healthy Soul*. Grand Rapids, MI: Baker Books, 2011. This book addresses topics of burn-out and depression in leaders, and offers ways to sustain your health. There is also an excellent section on building a healthy team culture.

Yeagley, Larry. *Grief Recovery*. AdventSource, 2009. This is a hard-to-find book on grieving the loss of a loved one, but filled with practical information. Buy it here: www.adventsource.org/store/adult-ministries/community-services/leadership/grief-recovery-19448

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