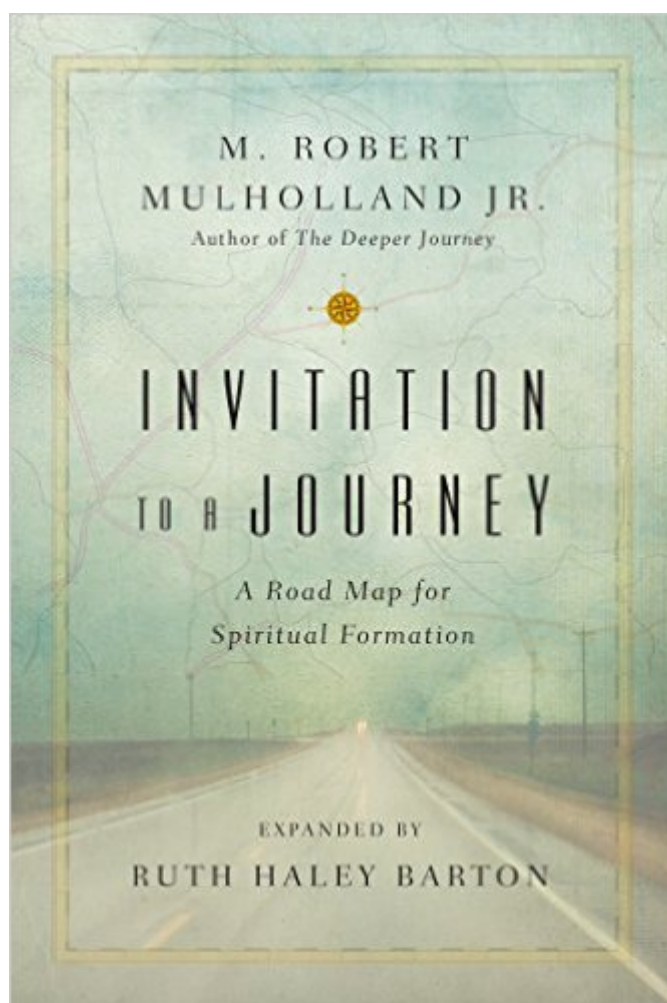


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# Invitation To A Journey: A Road Map For Spiritual Formation (Transforming Center Set)



## Synopsis

M. Robert Mulholland Jr. defines spiritual formation as "the process of being formed in the image of Christ for the sake of others." Compact and solid, this definition encompasses the dynamics of a vital Christian life and counters our culture's tendency to make spirituality a trivial matter or reduce it to a private affair between "me and Jesus." In *Invitation to a Journey*, Mulholland helps Christians new and old understand that we become like Christ gradually, not instantly. Not every personality is suited to an early morning quiet time, so Mulholland frees different personality types to express their piety differently. He reviews the classical spiritual disciplines and demonstrates the importance of undertaking our spiritual journey with (and for the sake of) others. This road map for spiritual formation is profoundly biblical and down to earth. In the finest tradition of spiritual literature, it is a vital help to Christians at any stage of their journey. This edition is revised and expanded by Ruth Haley Barton with a new foreword, spiritual practices and study guide, to provide spiritual direction for individuals and groups seeking spiritual companionship for one another on the journey of transformation.

## Book Information

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## Customer Reviews

"A gem. . . . If you have time to read only one book on spiritual formation, this is a good candidate." (Christian Counseling Today)"You will not be disappointed with this already very popular book." (Evangelical Journal) --This text refers to an alternate Paperback edition.

M. Robert Mulholland Jr. (1936-2015) was emeritus professor of New Testament at Asbury Theological Seminary and the author of several books, including *Shaped by the Word*, *The Deeper Journey*, *Revelation* and the landmark spiritual formation book *Invitation to a Journey*. He also served as pastor of Shirley Community Church in Shirley Mills, Maine. During his extensive academic career, Mulholland served as adjunct professor at the Academy for Spiritual Formation and taught at several seminaries and universities around the world, including Wesley Theological Seminary, Harvard University, McMurry University, Moscow Evangelical Christian Seminary (Moscow, Russia), West Africa Theological Seminary (Lagos, Nigeria) and Baltic Mission Center Theological Seminary (Tallinn, Estonia). An elder in the Kentucky Conference of the United Methodist Church, Mulholland was a frequent speaker at Bible and spiritual renewal conferences. He and his wife, Lynn, have two children. Ruth Haley Barton (DD, Northern Seminary) is founding president of the Transforming Center, a spiritual formation ministry to pastors and Christian leaders. A trained spiritual director (Shalem Institute for Spiritual Formation), teacher and retreat leader, she has served on the pastoral staff of several churches, including Willow Creek Community Church. A sought-after teacher, preacher and consultant to leadership teams, she is currently adjunct professor of spiritual transformation at Northern Seminary. Educated at Wheaton College, Northern Seminary and Loyola University Chicago Institute for Pastoral Studies, Ruth is the author of numerous books and resources on the spiritual life, including *Invitation to Solitude and Silence*, *Sacred Rhythms*, *Longing for More* and *Strengthening the Soul of Your Leadership*. She is also the author of an online resource titled *eReflections*, spiritual guidance via e-mail. She contributes regularly to *Conversations: A Forum for Authentic Transformation*.

This book artfully leads you down paths you may never have thought to explore; to places you may have thought you already traveled. In my case, it gently and painfully guided me like a flashlight shining into all the dark places. As I exposed more of myself to the light, there was fragile vulnerability and humility, and through that transparency came tremendous healing and a new place of strength. Had I not been forced to read this for a class, I probably would have run the other way, frankly. Notwithstanding, I am genuinely thankful to the professor and the author for this tool. Spiritual healing is well worth the process and I am indeed the stronger for it. The truth does set us free!! I highly recommend the "journey."

Intellectual without being cumbersome, this book brought me to the deeper level of relating to God

for which I had been yearning forty years. Spiritual disciplines are presented more as spiritual delights ushering us into the rich walk with our Savior that the Father intended when the veil was torn from top to bottom.

I didn't know that a book that I had to read for my Masters program in Teaching would be so insightful and impacting regarding my spirituality. Throughout this book I have begun to understand so much of my own journey as a Christian and how through the ups and downs I am being conformed in Him for a purpose. All of it, the consolations and the desolations, the personality influences, the strengths and weaknesses, the giving up of control and abiding, the intimate and the corporate, give me so much understanding and perspective of this journey of life that I am on.

Superb for anyone seeking a guide to the spiritual journey

This is an amazing book for those who are looking to grow in their relationship with God, but need help in the "how to." Formation is not an option, you are being formed, but by what? Find out how to be formed to the image of Christ for the sake of others through these life giving pages.

This book challenged me to surrender myself to the grace of God at work in my life, and to embrace all parts of myself as intended for God's transformation into Christ-likeness. I recommend it to those who intend to submit themselves at a fundamental level to the gracious sovereignty of God.

Most helpful book I've read on growing spiritually. Makes it crystal clear the purpose of spiritual formation and lays out the disciplines needed to do this. I love his style of writing, so much truth in this book. I believe it's one of those must reads for Christians who are seeking to become more like Jesus (which is the whole point of our walk). Love it.

Ordered book for a course I am taking. Find I am thinking I wished I read it years ago. Highly recommended for new Christian believers and for those who want to grow a deeper relationship with God and people.

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