

# Feed Your Faith

You could spend hours reading, researching, designing, crafting, creating, reinventing and test driving the most-awesome-sessions-ever-on-the-planet, but in the end, the heart and soul of your ministry with teens goes back to *Job #1: Know Him*. You can't give what you don't have, so feed your soul! A solid, steady diet of prayer, reading, faith sharing, or journaling will help you continually strengthen your own connection with Jesus in the ULC.

I'm a big reader, a pray-er-while-running, and love my quiet morning prayer time. You aren't likely to join me for a run, or on the couch at 5:30 a.m., so how about a good book?

Here's a variety of personal favorite good reads. It's a broad net. Let me know if you find something you like!

- *A Purpose Driven Life* Rick Warren
- *Changed Heart, Changed World: The Transforming Freedom of Friendship With God* William A. Barry S.J.
- *Consoling the Heart of Jesus* Michael E. Gaitley, MIC
- *Forming Intentional Disciples: The Path to Knowing and Following Jesus* Sherry A. Weddell
- *God: The Oldest Question* William J. O'Malley S.J.
- *Guests of God* Monika Hellwig
- *How Big Is Your God?* Paul Coutinho, SJ
- *How Good Do We Have to Be* Harold S. Kushner
- *Inner Compass* Margaret Silf
- *Interior Mansions* Saint Teresa of Avila
- *Introduction to the Devout Life* Saint Francis of Sales
- *Jesus: A Pilgrimage* James Martin, S.J.
- *Meditations with Meister Eckhart* Matthew Fox
- *New Seeds of Contemplation* Thomas Merton
- *Original Blessing* Matthew Fox
- *Rebuilt: Awakening the Faithful, Reaching the Lost, and Making Church Matter* Fr. Michael White and Tom Cocoran

- *Rediscovering Catholicism* Matthew Kelly
- *The Jesuit Guide To Almost Everything* James Martin, S.J.
- *The Last Lecture* Randy Pausch
- *The Problem of Pain* C.S. Lewis
- *The Road Less Traveled* Scott Peck
- *The Sacrament of the Present Moment* Jean Pierre de Caussade
- *The Seven Story Mountain* Thomas Merton
- *The Story of a Soul Saint* Therese of Lisieux
- *There Is A Season* Joan Chittister and August Swanson
- *Things Hidden: Scripture as Spirituality* Richard Rohr
- *Truly Our Sister: A Theology of Mary in the Communion of Saints* Elizabeth A. Johnson
- *What Makes Us Catholic?* Thomas Groome
- *When Bad Things Happen to Good People* Harold S. Kushner
- *Wherever You Go, There You Are* John Kabat-Zinn

What should I read? I'm always looking for another good read.

Leave a comment and share a suggested title or two...