



Join us as we  
**GROW**  
**SERVE &**  
**LEARN**

The Upper Room 2017



# What's new from The Upper Room

---

## CONTENTS

RENEWAL resources	4 – 7
The Academy for Spiritual Formation	7
SMALL groups	8 – 13
eLearning courses	10
DISCIPLESHIP resources	14 – 15
Walk to Emmaus programs	15
AGING resources	16 – 17
SPIRITUAL gifts	18 – 20
How to give	20
PRAYER resources	21 – 23
The Living Prayer Center	23
DEVOTIONAL resources	24 – 26
Magazines from The Upper Room	27
SUMMER suggestions	28 – 29
The Upper Room Chapel & Museum	31
HOW TO ORDER	31



## HOW CAN WE HELP?

We are dedicated to supporting your spiritual formation—to help you know and experience God more fully. We do that by developing learning opportunities for you through publishing, programs, and experiences. How do we think we can help? By walking with you. We hope the suggestions in this catalog make it easier for you to decide what to study, read, or try. Almost every book includes reflection questions or a small-group guide to help facilitate your ministry. Come explore the possibilities with us!

Blessings,

THE UPPER ROOM STAFF

### EXTRAS PATHS OF STUDY

Resources categorized by topic and level of study to help you choose the best options for your group.

### CALL-OUT SUGGESTIONS

We offer connection through books, programs, and experiences. Check out the call-outs on each page to help you connect in multiple ways.

### QUANTITY DISCOUNTS

When you purchase multiple copies of resources, you save money. See page 31 for more info!

## THE UPPER ROOM

Learning, Growing, Serving

### PUBLISHING

- The Upper Room daily devotional guide
- El Aposento Alto
- devozine
- Pockets
- Upper Room Books

### PROGRAMS

- Walk to Emmaus
- Face to Face
- Journey to the Table
- Chrysalis
- The Academy for Spiritual Formation

### EXPERIENCES

- The Upper Room Chapel
- The Upper Room Museum
- The Upper Room Bookstore
- The Living Prayer Center
- eLearning

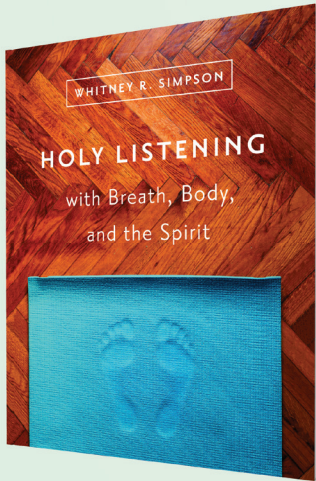
### Resources available in this catalog are available in multiple formats.

When ordering please use either the 4-digit or 13-digit ISBN's for the specific format you want. If you use the 4-digit numbers, please note the numbers and letters.

#0000 Paperback    #B0000 eBooks    #K0000 Kindle

# RENEWAL resources

We practice to begin or perfect a skill or action. These resources offer creative options to introduce or reinvigorate your spiritual practices. Renew your spirit.



## HOLY LISTENING with Breath, Body, and the Spirit

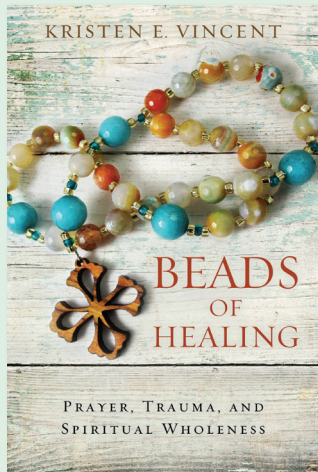
**Whitney R. Simpson**

Looking for a new way to listen to God? Try listening with your whole self—body, breath, and spirit. Each reading in this 40-day book of meditations includes scripture, yoga postures, a breath prayer, suggested essential oils, and reflection questions. A leader's guide is available on the author's website, ExploringPeace.com.

**PAPERBACK**  
\$12.99 #1631  
978-0-8358-1631-1

**eBOOK \$9.99**  
#B1633  
978-0-8358-1633-5

**KINDLE \$9.99**  
#K1632  
978-0-8358-1632-8



## BEADS OF HEALING Prayer, Trauma, and Spiritual Wholeness

**Kristen E. Vincent**

Healing from trauma begins with telling your story. The author shares her personal story of trauma and how she eventually found God's healing. In her powerful account of her journey, she models how to name feelings like grief, shame, fear, and anger. Offers practical ways to use prayer beads to enter conversations with God, stay focused, and sense God's presence.

**PAPERBACK \$13.99**  
#1635  
978-0-8358-1635-9

**eBOOK \$9.99**  
#B1637  
978-0-8358-1637-3

**KINDLE \$9.99**  
#K1636  
978-0-8358-1636-6

**HAVE YOU**  
heard about  
**The Academy for**  
**Spiritual Formation?**  
See page 7.

### **PATHS OF STUDY**

Resources categorized by topic & level of study to meet your group's needs.

#### **FOUNDATIONAL:**

Those who want to learn more.

#### **INTERMEDIATE:**

Those who want to expand their foundational knowledge.

#### **DEVELOPED:**

Those who have a committed personal practice.

### **FOUNDATIONAL resources**

**Both Sides of the Camera**

#B1178 • #K1106

**Interruptions**

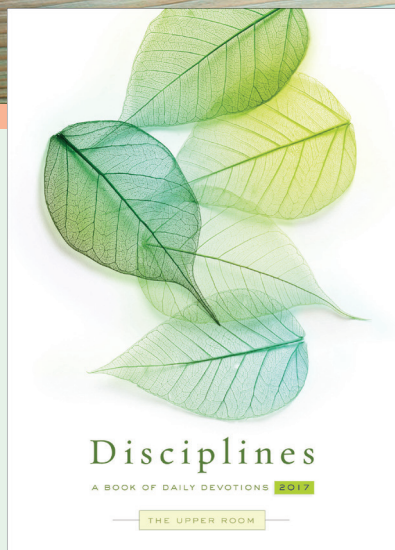
#I347 • #B1349 • #K1348

**Quiet Spaces**

#969 • #B1562 • #K1561

**Invitations of Jesus**

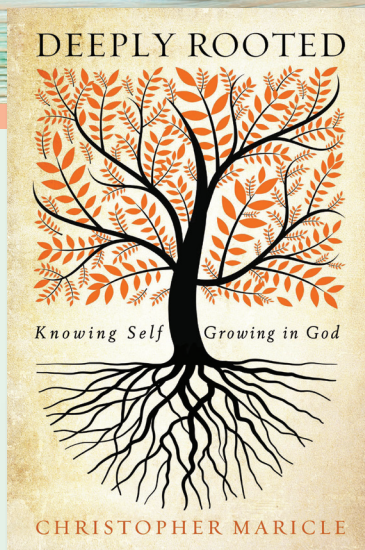
#I312 • #B1314 • #K1313



**THE UPPER ROOM  
DISCIPLINES 2017**  
A Book of Daily Devotions

Many Christians identify daily time spent with God as their most valuable spiritual habit. The short yet thoughtful meditations in *The Upper Room Disciplines* can help you feel God's presence and strengthen your faith. Nourish your spirit, find daily inspiration, and devote yourself to steady growth in love of God and neighbor.

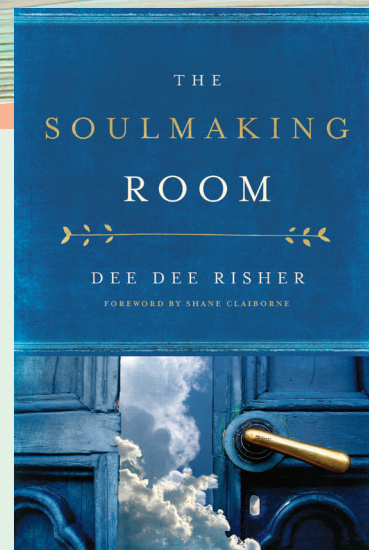
<b>PAPERBACK \$14.99</b>	<b>eBOOK \$9.99</b>
#1551	#B1554
978-0-8358-1551-2	978-0-8358-1554-3
<b>ENLARGED PRINT \$17.99</b>	<b>KINDLE \$9.99</b>
#1552	#K1553
978-0-8358-1552-9	978-0-8358-1553-6



**DEEPLY ROOTED**  
Knowing Self, Growing in God  
**Christopher Maricle**

How is your soul like a tree? We understand how trees grow and how dirt, seeds, water, roots, and sunlight support their life cycle. Christopher Maricle uses the simple yet powerful metaphor of a tree to explain spiritual growth. "Spiritual growth requires more than understanding," he writes. "It requires practice and work—perhaps even a lifetime of both." Join him in exploring the tree of the soul.

<b>PAPERBACK \$14.99</b>	<b>KINDLE \$9.99</b>
#1563	#K1564
978-0-8358-1563-5	978-0-8358-1564-2
<b>eBOOK \$9.99</b>	
#B1565	
978-0-8358-1565-9	



**THE SOULMAKING ROOM**  
**Dee Dee Risher**

In this powerful and wise book, Risher weaves stories from her life with the biblical story of the prophet Elisha and a woman who built a holy room for him. She encourages us to find our own holy room in which we share community with others and with God, shaping our souls into their unique dimensions.

<b>PAPERBACK \$16.99</b>	<b>KINDLE \$9.99</b>
#1525	#K1534
978-0-8358-1525-3	978-0-8358-1534-5
<b>eBOOK \$9.99</b>	
#B1526	
978-0-8358-1526-0	

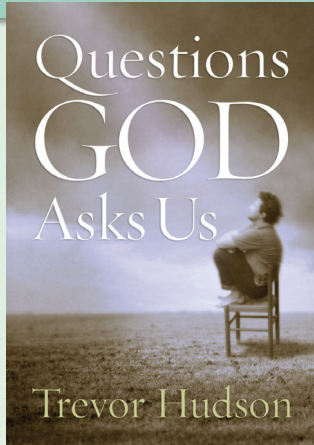
**INTERMEDIATE resources**

- Another Bead, Another Prayer  
#1372 • #B1374 • #K1373
- You Gave Me a Wide Place  
#1002
- When You Come Unglued...  
#9918
- Talk That Matters  
#FA503

**DEVELOPED resources**

- Being the Presence of Christ  
#9965 • #B1248 • #K1247
- Leading a Life with God  
#1003 • #B1246 • #K1245
- Loving the World with God  
#1335 • #B1337 • #K1336
- Practicing Compassion  
#FA525 • #BFA527 • #KFA526

# RENEWAL resources



## QUESTIONS GOD ASKS US

**Trevor Hudson**

Have you ever thought about the questions God asks in the Bible? For years Trevor Hudson saw the Bible as just a book of answers. Then he realized that perhaps he needed to pay attention to God's questions. Look at 10 questions God poses in the Bible, and discover how they can lead you to deeper conversations with God.

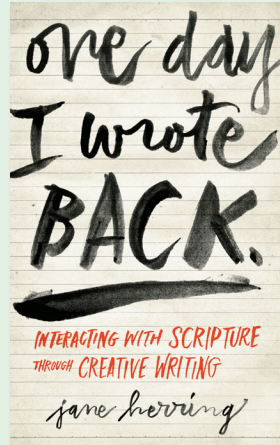
PAPERBACK \$14.99

#9990

978-0-8358-9990-1

eCOURSE \$16.00

elearning.upperroom.org



## ONE DAY I WROTE BACK

Interacting with Scripture  
Through Creative Writing

**Jane Herring**

Do you struggle to relate to the Bible? Jane Herring wrestled with the contradictions, puzzling stories, and difficult sayings in scripture—until she discovered the power of interacting with them. Herring guides you to “talk back” to scripture passages you don’t understand. Ask questions, explore your life, plead, praise, and ponder.

PAPERBACK \$11.99

#1375

978-0-8358-1375-4

KINDLE \$9.99

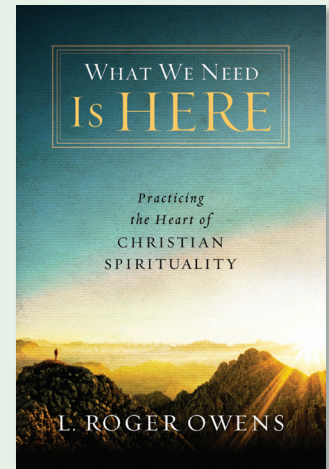
#K1376

978-0-8358-1376-1

eBOOK \$9.99

#B1377

978-0-8358-1377-8



## WHAT WE NEED IS HERE

Practicing the Heart of  
Christian Spirituality

**L. Roger Owens**

Are you searching for an authentic faith? Roger Owens shows that in Jesus, God has already given us all we need to live and flourish. He calls us to return to 7 basic Christian practices that build and sustain our relationship with God: reading the Gospels, praying the Psalms, befriending silence, finding Jesus in church, meeting Jesus through Holy Communion, embodying our spirituality, and being with the poor.

PAPERBACK \$13.99

#1510

978-0-8358-1510-9

KINDLE \$9.99

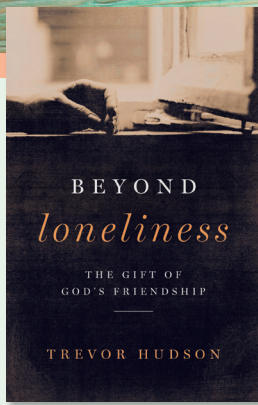
#K1530

978-0-8358-1530-7

eBOOK \$9.99

#B1511

978-0-8358-1511-6



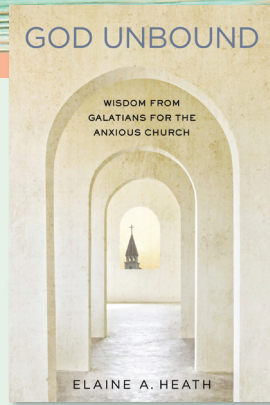
### BEYOND LONELINESS

The Gift of God's Friendship  
**Trevor Hudson**

Loneliness touches everyone—rich or poor, young or old. We long for relationship with others. Have you ever considered that God wants a friendship with you? Discover how to deepen your friendship with God.

PAPERBACK \$7.99    KINDLE \$7.99  
#I519                    #K1531

eBOOK \$10.99  
#B1520



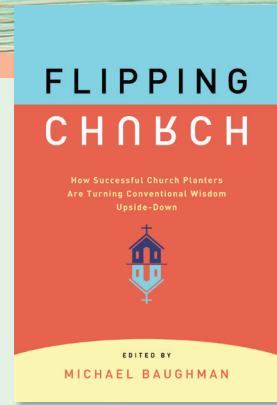
### GOD UNBOUND

Wisdom from Galatians for the Anxious Church  
**Elaine Heath**

Worried about the church's future? As she read Galatians, Elaine Heath realized her vision of God was too small. She inspires us to find an unbound God who is greater than our anxious fears.

PAPERBACK \$9.99    KINDLE \$7.99  
#I583                    #K1584

eBOOK \$7.99            eCOURSE \$19.00  
#B1585                    elearning.upperroom.org



### FLIPPING CHURCH

How Successful Church Planters Are Turning Conventional Wisdom Upside-Down  
**Michael Baughman**

An innovative anthology written by successful church planters who have consistently and successfully challenged prevailing assumptions about healthy church development and "best practices."

PAPERBACK \$16.00    KINDLE \$9.99  
#DR853                    #KDR854

eBOOK \$9.99  
#BDR855



# The Academy for spiritual formation®

## ● JOURNEY

The Academy for Spiritual Formation invites you to journey into the heart, mind, and will of Christ through both Five-Day and Two-Year offerings.

## ● RENEW

When you attend an Academy, the daily rhythm restores a needed balance, offering you silence and conversation, rest and relationship, worship and prayer, listening and learning.

## ● LEAD

The Academy creates a safe space for people to be in communion with God, themselves, others, and creation. We pray, worship, and commune so we can reenter the world renewed and restored as the spiritual leaders God calls us to be.

[Academy.UpperRoom.org](http://Academy.UpperRoom.org) or 877.899.2780 ext. 7233

# SMALL groups

When we gather with others in small groups, we meet for more than just coffee and conversation—we want to build a sense of community and accountability. The resources in this section encourage us to share life and practice spiritual habits that form our hearts and actions so we can become stronger disciples of Jesus Christ.



## TAKE THE FLAG

Following God's Signals in the Race of Your Life

**Rob Fuquay**

The spiritual life is often compared to a race. Pastor Rob Fuquay sees a parallel between the flags used in auto racing and the signals God sends us in our fast-paced lives. In this Bible-based, 7-week churchwide series, Fuquay uses the flags from auto racing as a way to discuss different aspects of our life of faith. The purpose of *Take the Flag* is not to turn readers into race fans but to help them become stronger disciples of Jesus Christ by paying attention to the signals God gives us each day. For free samples and more information, visit [RobFuquay.com/take-the-flag](http://RobFuquay.com/take-the-flag).

PAPERBACK \$9.99  
#1578

eBOOK \$7.99  
#B1580

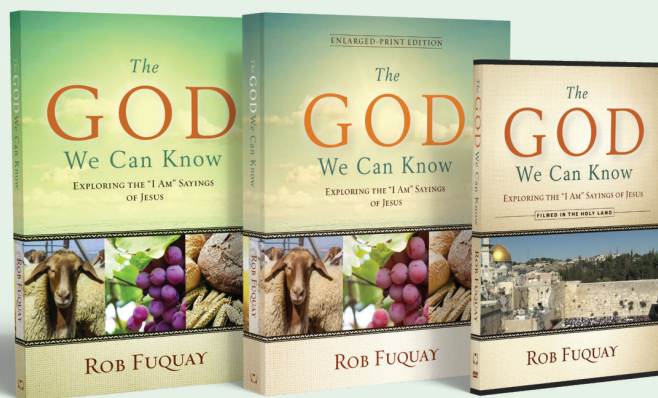
ENLARGED PRINT \$9.99  
#1582

KINDLE \$7.99  
#K1579

eCourse \$22.00  
eLearning  
[upperroom.org](http://upperroom.org)

DVD \$39.99  
#1581

**HAVE YOU**  
heard about  
*Which Way, Lord?*  
a new churchwide study  
AVAILABLE  
August 2017



## THE GOD WE CAN KNOW

Exploring the "I Am" Sayings of Jesus

**Rob Fuquay**

Gain a deeper understanding of the "I am" sayings of Jesus in this easy-to-use churchwide study for all ages—adults, youth, and children. In this 7-week study, you will explore the "I am" sayings of Jesus found in the Gospel of John. This study will help you find answers to the one of the most important questions Jesus asked: "Who do you say I am?"

PAPERBACK \$9.99  
#1338

eBOOK \$7.99  
#B1340

ENLARGED PRINT \$9.99  
#B1555

KINDLE \$7.99  
#K1339

eCourse \$19.00  
eLearning  
[upperroom.org](http://upperroom.org)

DVD \$39.99  
#1362

**HAVE YOU**  
heard about  
*The God We Can Know?*  
downloadable videos  
only \$3.99 each



# THE COMPANIONS IN CHRIST SERIES

Offers a transforming experience in opening yourself to God's presence and guidance. Explore classic spiritual practices and develop new daily habits that will open your life to a deeper relationship with God and with your group. Each week of study begins with a challenging reading, daily scripture, and questions to guide private reflection.

PARTICIPANT'S BOOK \$9.99

LEADER'S GUIDE \$12.99

## 1. THE FOUNDATIONAL RESOURCE 28 weeks

The original resource examines 5 topics of spiritual formation. Available in Spanish.

Foundational Guide or Book \$19.99

Participant's #9843 Leader's #9840

Volumes \$7.99 each

Volume 1 #9830 Volume 2 #9831 Volume 3 #9832 Volume 4 #9833 Volume 5 #9834

## 2. EXPLORING THE WAY 6 weeks

An Introduction to the Spiritual Journey

For those new to spiritual formation.

Participant's #9806 Leader's #9807

## 3. THE WAY OF SCRIPTURE 8 weeks

Designed to strengthen a formational understanding of the Bible.

Participant's #1034 Leader's #1033

## 4. THE WAY OF BLESSEDNESS 9 weeks

Explore the Beatitudes and develop a personal "rule of life."

Participant's #992 Leader's #994

## 5. THE WAY OF GRACE 9 weeks

Discover God's grace in the Gospel of John through biblical characters' encounters with Jesus.

Participant's #9878 Leader's #9879

## 6. THE WAY OF PRAYER 10 weeks

Offers many forms of prayer to explore and practice both individually and as a group.

Participant's #9906 Leader's #9907

## 7. THE WAY OF DISCERNMENT 10 weeks

Learn the basics of personal and corporate (group) discernment.

Participant's #9958 Leader's #9959

## 8. THE WAY OF FORGIVENESS 8 weeks

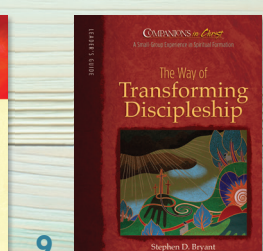
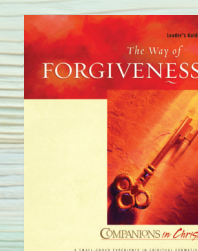
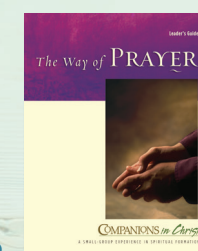
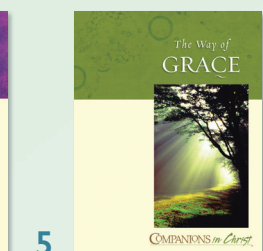
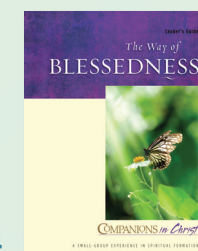
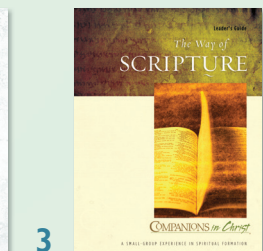
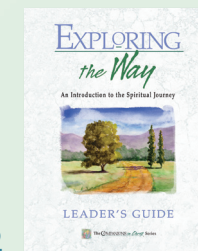
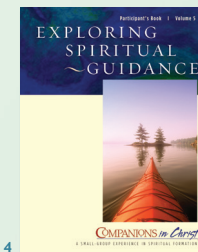
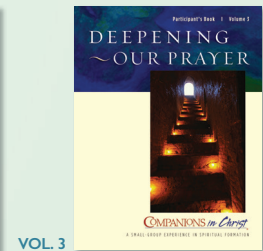
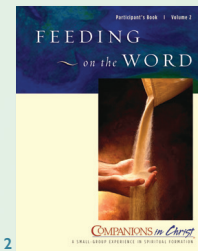
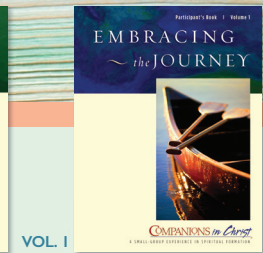
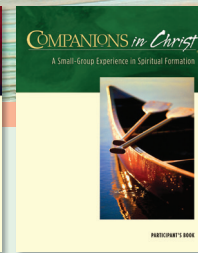
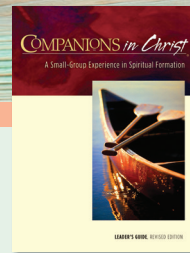
Learn how to receive forgiveness as you examine the emotions of shame, guilt, and anger.

Participant's #980 Leader's #981

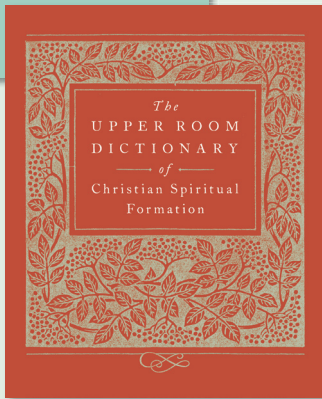
## 9. THE WAY OF TRANSFORMING DISCIPLESHIP 6 weeks

Lessons that teach us to become agents of truth telling and reconciliation.

Participant's #9842 Leader's #9841



# SMALL groups



## THE UPPER ROOM DICTIONARY OF CHRISTIAN SPIRITUAL FORMATION

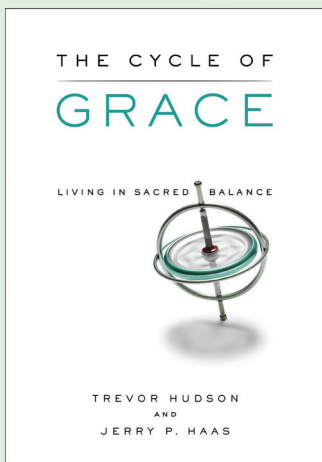
Edited by Keith Beasley-Topliffe

This reference book provides a basic guide to Christian spiritual formation. It covers such subjects as great spiritual teachers of the past and present, important topics in Christian spirituality, ways to pray and lead groups in prayer and spiritual growth, and a spiritual traditions comparison chart.

PAPERBACK  
\$24.99 #1628  
978-0-8358-1628-1

eBOOK \$11.99  
#B1630  
978-0-8358-1630-4

KINDLE \$11.99  
#K1629  
978-0-8358-1629-8



## THE CYCLE OF GRACE

Living in Sacred Balance

Trevor Hudson and Jerry Hass

Are you soul-weary? This workbook and the accompanying videos featuring well-known pastor and speaker Trevor Hudson will help you find your identity, sustain your spiritual life, follow God's calling, and restore balance to your life. Includes a Leader's Guide; videos available free at [Bookstore.UpperRoom.org](http://Bookstore.UpperRoom.org).

PAPERBACK  
\$15.99 #1198  
978-0-8358-1198-9

eBOOK \$9.99  
#B1202  
978-0-8358-1202-3

KINDLE \$9.99  
#K1229  
978-0-8358-1229-0

eCOURSE \$16.00  
[elearning.upperroom.org](http://elearning.upperroom.org)



Your place for spiritual formation online.

### ▶ CONNECT

Connect with Upper Room Books authors and online small groups in our inspiring and insightful eCourses.

### ▶ LEARN

Learn new ways to apply your faith by participating in spiritual formation practices from Upper Room Books authors.

### ▶ GROW

Grow in your spiritual journey by digging deeper into topics like Celtic spirituality, practicing compassion, and guided meditation.

For more details, visit [eLearning.UpperRoom.org](http://eLearning.UpperRoom.org)



## THE 28 DAYS OF PRAYER SERIES

Some say it takes 28 days to create or change a habit. This series follows the same concept. Each book is designed to cover a specific topic and help you develop a daily prayer practice that hopefully continues beyond the 28 days.

PAPERBACK \$7.99   eBOOK \$5.99   KINDLE \$5.99

**HAVE YOU**  
heard about  
our quantity  
discount pricing?  
The more you buy,  
the more you save!  
See page 31.

### 1. PRAYING THROUGH CANCER

A practical guide for anyone seeking strength, support, and hope for coping with cancer.

PAPERBACK   eBOOK   KINDLE  
#1575   #B1577   #K1576

### 2. HEALING FROM DIVORCE

Offers hope and comfort to those suffering the pain of divorce.

PAPERBACK   eBOOK   KINDLE  
#1315   #B1317   #K1316

### 3. FREEDOM FROM WORRY

Practical suggestions for leaving your worries in God's hands and focusing on the Psalms. eCourse available.

PAPERBACK   eBOOK   KINDLE  
#1189   #B1191   #K1190

### 4. THE STRUGGLES OF CAREGIVING

Encouragement and strength for those coping with the challenges of caregiving.

PAPERBACK   eBOOK   KINDLE  
#1091   #B1128   #K1099

### 5. PRAYING THROUGH A CHILD'S ILLNESS

Offers strength to cope with a child's illness through prayers, reflections, and other suggestions.

PAPERBACK   eBOOK   KINDLE  
#1064   #B1152   #K1072

### 6. AGING FAITHFULLY

Discover what it means to age joyfully and see the positive side of aging.

PAPERBACK   eBOOK   KINDLE  
#1063   #B1151   #K1071

### 7. FACING FINANCIAL STRUGGLE

Improve your perspective by learning to tackle your financial problems. eCourse available.

PAPERBACK   eBOOK   KINDLE  
#1027   #B1208   #K1077

**WHY**  
a study series?

Topical studies allow us to address life situations to gain a biblical perspective on specific subjects. They are easy to accomplish and encourage group connection and conversation.

Bookstore.UpperRoom.org • 800.972.0433

# SMALL groups



## THE DUNNAM WORKBOOKS

Maxie Dunnam and Kimberly Dunnam Reisman designed these workbooks for individual or small-group use in a 6- to 8-week course. Each week guides you through daily readings, reflections, and recording thoughts. Includes a meeting outline for each session.

PAPERBACK \$7.99 eBOOK \$5.99 KINDLE \$5.99

### 1. THE WORKBOOK OF LIVING PRAYER

Learn to pray in a simple, practical way. Discover how prayer can strengthen you and be a life-changing adventure. Also available in Spanish.

PAPERBACK	eBOOK	KINDLE
#718	#B1608	#K718

### 2. THE WORKBOOK ON ABIDING IN CHRIST

Find your place in God's heart and discover the secret of authentic Christian living.

PAPERBACK	eBOOK	KINDLE
#1028	#B1728	#K1727

### 3 THE WORKBOOK ON KEEPING COMPANY WITH THE SAINTS

Draw from the rich well of Christian spiritual writing as Dunnam guides you through the lives and teachings of William Law, Julian of Norwich, Brother Lawrence, and Teresa of Avila.

PAPERBACK	eBOOK	KINDLE
#925	#B1610	#K1609

### 4. THE WORKBOOK ON THE BEATITUDES

Discover how to become more Christlike by following these principles from Jesus' Sermon on the Mount.

PAPERBACK	eBOOK	KINDLE
#9808	#B1730	#K1729

### 5. THE WORKBOOK ON THE 7 DEADLY SINS

Explores how the 7 deadly sins—sloth, lust, anger, pride, envy, gluttony, and greed—are present in our lives and how we might deal with them.

PAPERBACK	eBOOK	KINDLE
#714	#B1734	#K1733

### 6. THE WORKBOOK ON THE TEN COMMANDMENTS

Explore the qualities God wants us to enhance in our lives so we become who God created us to be. Reexamine the ancient laws God gave Moses and their relevance to today's culture.

PAPERBACK	eBOOK	KINDLE
#9875	#B1612	#K1611

### 7. THE WORKBOOK ON VIRTUES AND THE FRUIT OF THE SPIRIT

Explore the qualities God wants us to enhance in our lives so we become who God created us to be.

PAPERBACK	eBOOK	KINDLE
#854	#B1732	#K1731

**HAVE YOU**  
heard about  
eLearning courses?  
Classes you can do  
anywhere!  
See page 10.



## THE UPPER ROOM SPIRITUAL CLASSICS

Explore the rich spiritual writings of influential leaders in the history of Christianity. Edited by Keith Beasley-Topliffe, each book introduces the leader, explains his/her times, and contains excerpts of the person's writings in updated language. Grow in faith by seeing God through the eyes of these remarkable spiritual leaders.

PAPERBACK \$7.99 eBOOK \$5.99 KINDLE \$5.99

### 1. WRITINGS OF AUGUSTINE

PAPERBACK	eBOOK	KINDLE
#1643	#B1670	#K1669

### 6. WRITINGS OF JULIAN OF NORWICH

PAPERBACK	eBOOK	KINDLE
#1651	#B1686	#K1685

### 11. WRITINGS OF CATHERINE OF SIENA

PAPERBACK	eBOOK	KINDLE
#1646	#B1676	#K1675

### 2. WRITINGS OF JOHN WESLEY

PAPERBACK	eBOOK	KINDLE
#1656	#B1696	#K1695

### 7. WRITINGS OF TOYOHICO KAGAWA

PAPERBACK	eBOOK	KINDLE
#1652	#B1688	#K1687

### 12. WRITINGS OF JOHN OF THE CROSS

PAPERBACK	eBOOK	KINDLE
#1649	#B1682	#K1681

### 3. WRITINGS OF JOHN CASSIAN

PAPERBACK	eBOOK	KINDLE
#1645	#B1674	#K1673

### 8. WRITINGS OF THOMAS À KEMPIS

PAPERBACK	eBOOK	KINDLE
#1654	#B1692	#K1691

### 13. WRITINGS OF THE DESERT FATHERS & MOTHERS

PAPERBACK	eBOOK	KINDLE
#1647	#B1678	#K1677

### 4. WRITINGS OF THOMAS KELLY

PAPERBACK	eBOOK	KINDLE
#1653	#B1690	#K1689

### 9. WRITINGS OF FRANCIS & CLARE

PAPERBACK	eBOOK	KINDLE
#1648	#B1680	#K1679

### 14. WRITINGS OF WILLIAM LAW

PAPERBACK	eBOOK	KINDLE
#1657	#B1698	#K1697

### 5. WRITINGS OF TERESA OF AVILA

PAPERBACK	eBOOK	KINDLE
#1644	#B1672	#K1671

### 10. WRITINGS OF EVELYN UNDERHILL

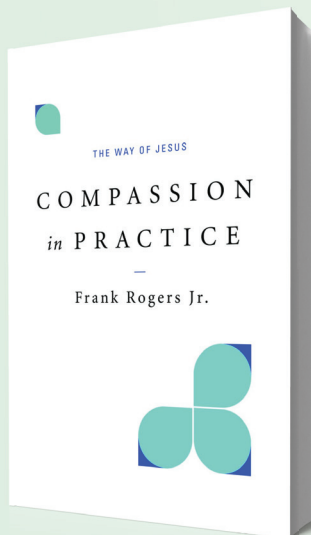
PAPERBACK	eBOOK	KINDLE
#1655	#B1694	#K1693

### 15. WRITINGS OF JOHN WOOLMAN

PAPERBACK	eBOOK	KINDLE
#1650	#B1684	#K1683

# DISCIPLESHIP resources

Disciples follow Christ and seek to make a difference in their world. These resources can inspire ways to use your gifts and talents to serve Christ and the church.



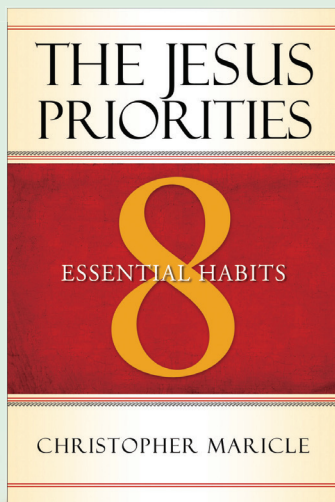
## COMPASSION IN PRACTICE

The Way of Jesus

**Frank Rogers Jr.**

Jesus taught a way of personal and social transformation through the practice of radical compassion. Frank Rogers describes not just what Christian compassion looks like but how to live out compassion in a world ravaged by violence, fear, and reactivity. He expands on his book *Practicing Compassion* to teach us how to love as Jesus loved.

<b>PAPERBACK \$14.99</b>	<b>eBOOK \$9.99</b>	<b>KINDLE \$9.99</b>
#1566	#B1568	#K1567
978-0-8358-1566-6	978-0-8358-1568-0	978-0-8358-1567-3



## THE JESUS PRIORITIES

8 Essential Habits

**Christopher Maricle**

What if you identified with Jesus' daily habits and incorporated them into your life? Here are the Jesus priorities, evidenced by the words he most frequently spoke and the actions he most often demonstrated. Become an instrument of God's grace in the world as you learn the Jesus priorities and make them your own.

**PAPERBACK \$15.99**  
#9914  
978-0-8358-9914-7

### PATHS OF STUDY

Resources categorized by topic & level of study to meet your group's needs.

#### FOUNDATIONAL:

Those who want to learn more.

#### INTERMEDIATE:

Those who want to expand their foundational knowledge.

#### DEVELOPED:

Those who have a committed personal practice.

### FOUNDATIONAL resources

**Sacred Days**  
#1381 • #B1383 • #K1382

**Kindred Souls**  
#9903

**Invitations of Jesus**  
#1312 • #B1314 • #K1313

**Loving the World with God**  
#1335 • #B1337 • #K1336

### INTERMEDIATE resources

**The Power of a Focused Heart**  
#9818

**Beyond Loneliness**  
#1519 • #B1520 • #K1531

**What We Need Is Here**  
#1510 • #B1511 • #K1530

**Being the Presence of Christ**  
#9965 • #B1248 • #K1247

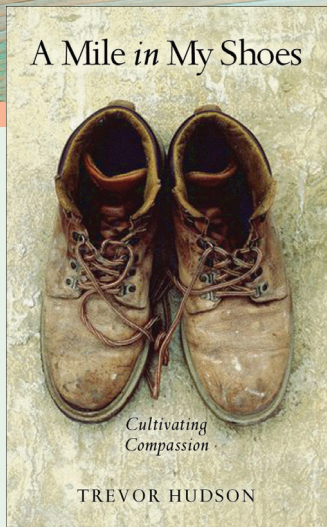
### DEVELOPED resources

**Deeply Rooted**  
#1563 • #B1586 • #K1564

**God Unbound**  
#1583 • #B1585 • #K1584

**The Soulmaking Room**  
#1525 • #B1526 • #K1534

**Practicing Compassion**  
#FA525 • #BBFA527 • #KFA526



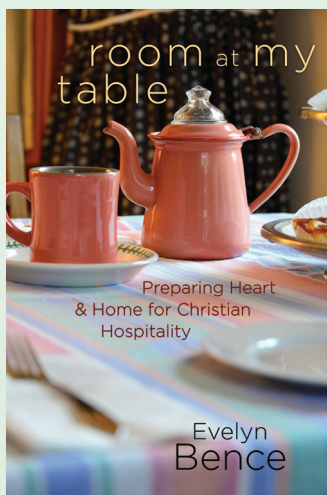
## A MILE IN MY SHOES

Cultivating Compassion

### Trevor Hudson

Helps us discover the possibilities of being on a pilgrimage in our own communities.

PAPERBACK \$14.99  
#9815  
978-0-8358-9815-7



## ROOM AT MY TABLE

Preparing Heart and Home for Christian Hospitality

### Evelyn Bence

Whether your table is humble or grand, you can reach out to others and enjoy offering hospitality.

PAPERBACK \$12.99	eBOOK \$9.99	KINDLE \$9.99
#1359	#B1361	#K1360
978-0-8358-1359-4	978-0-8358-1361-7	978-0-8358-1360-0

Join Us on a Journey with Christ  
An Upper Room Program Ministry

# WALK TO EMMAUS

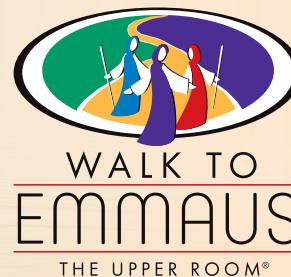
THE UPPER ROOM®

The Walk to Emmaus is an experience of spiritual renewal and formation that begins with a three-day course in Christianity. It is an opportunity to meet Jesus Christ in a new way as God's grace and love are revealed to you through other believers.

Sing, reflect, pray, worship, learn, share Holy Communion, participate in small groups, experience God's grace in community and in the world, and understand Christian love in action.

They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" —Luke 24:32

Emmaus empowers  
leaders to be the hands  
and feet of Christ.



Contact the Emmaus office at  
P.O. Box 340004 • Nashville, TN 37203-0004  
Toll-free 877.899.2780 ext. 7113 or 615.340.7113

[Emmaus.UpperRoom.org](http://Emmaus.UpperRoom.org) • 877.899.2780 ext. 7113

# AGING resources

The older adult years can be a rich time full of vitality, purpose, and growth. These resources provide opportunities to grow spiritually and mentally, encourage and inspire, and pass on your wisdom to others.

**HAVE YOU heard about Face to Face?**  
 FaceToFace.upperroom.org  
 A new encounter for older adults.

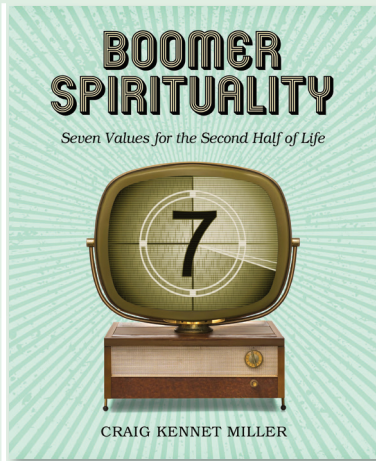


## SPIRIT BOOSTERS FOR THE JOURNEY OF AGING

366 Devotions  
 Missy Buchanan

Encouragement. No matter our age — we all need it. This inspirational reusable calendar encourages older adults to keep a positive frame of mind. It features brief daily devotions and Bible verses, enlarged-print text, a gift presentation page, and space to add personal celebrations. Easy to display and makes a great gift!

CALENDAR \$14.99  
 #1668  
 978-0-8358-1668-7



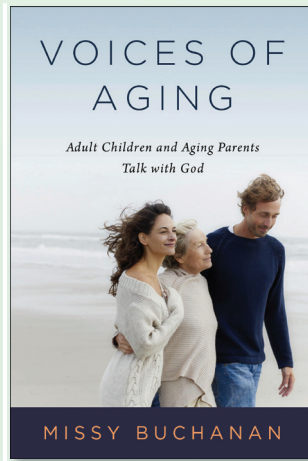
## BOOMER SPIRITUALITY

Craig Kennet Miller

The boomer generation navigates dramatic change as it ages. If you are creating ministry for this generation, this will be your guide to the way boomers view the world and look toward the future.

PAPERBACK \$17.00    KINDLE \$9.99  
 #DR781                    #KDR782  
 978-0-88177-781-9    978-0-88177-782-6

eBOOK \$9.99  
 #BDR783  
 978-0-88177-783-3



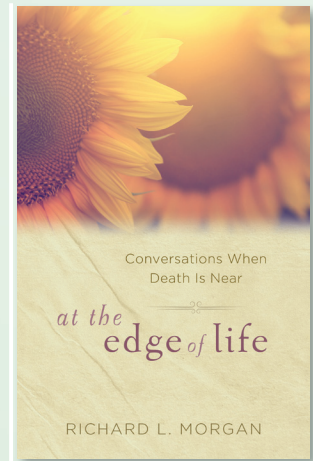
## VOICES OF AGING

Missy Buchanan

Offers a compassionate look at the concerns of 2 generations—adult children and their parents—as they deal with the fears and frustrations of aging. Discover ways to talk about and understand sensitive subjects.

PAPERBACK \$11.99    KINDLE \$9.99  
 #1366                    #K1367  
 978-0-8358-1366-2    978-0-8358-1367-9

eBOOK \$9.99  
 #B1368  
 978-0-8358-1368-6



## AT THE EDGE OF LIFE

Richard L. Morgan

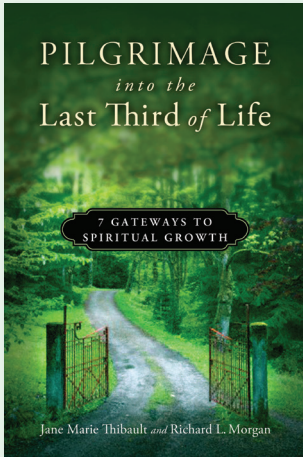
Drawing on 60 years of experience, Morgan guides you to understand how to listen and what to say to a dying person. His meditations offer help through the process of preparing for a loved one's death.

PAPERBACK \$7.99    KINDLE \$4.99  
 #1332                    #K1333  
 978-0-8358-1332-7    978-0-8358-1333-4

eBOOK \$4.99  
 #B1334  
 978-0-8358-1334-1



# AGING resources



## PILGRIMAGE INTO THE LAST THIRD OF LIFE

7 Gateways to Spiritual Growth

**Jane Marie Thibault & Richard L. Morgan**

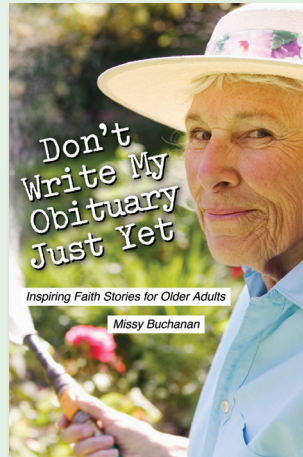
Do you dread growing old? The Last Third of life (age 60 and beyond) can be a meaningful, enduring, and even joyful time. The authors

suggest approaching this season of life as a pilgrimage—a journey filled with meaning and opportunities for spiritual growth. Their realistic, Bible-based meditations suggest 7 tasks essential to living the Last Third with purpose.

**PAPERBACK \$15.99**  
#1117  
978-0-8358-1117-0

**eBOOK \$9.99**  
#B1176  
978-0-8358-1176-7

**KINDLE \$9.99**  
#K1122  
978-0-8358-1122-4



## DON'T WRITE MY OBITUARY JUST YET

Inspiring Faith Stories for Older Adults

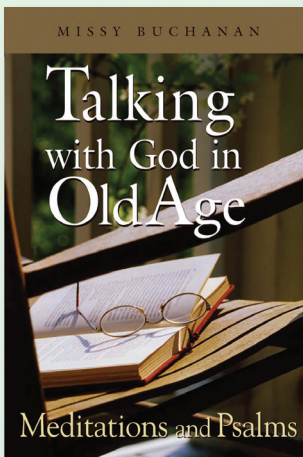
**Missy Buchanan**

Thirty heartwarming stories of people from ages 70 to 100 show how strong faith can help us overcome trials and sorrows and live with hope. A scripture and prayer accompany each story. Enlarged Print.

**PAPERBACK \$9.99**  
#1046  
978-0-8358-1046-3

**eBOOK \$7.99**  
#B1204  
978-0-8358-1204-7

**KINDLE \$7.99**  
#K1056  
978-0-8358-1056-2



## TALKING WITH GOD IN OLD AGE

Meditations and Psalms

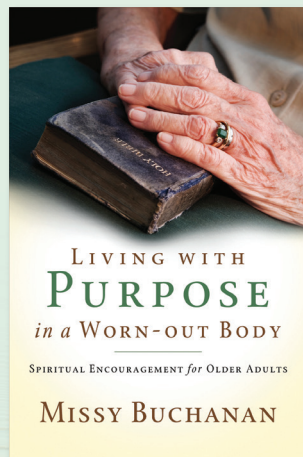
**Missy Buchanan**

Sensitively addresses the worries, fears, pain, and frustrations of older adults. The meditations and selected psalms extend hope, encouraging older persons to talk candidly with God. Enlarged Print.

**PAPERBACK \$9.99**  
#1016  
978-0-8358-1016-6

**eBOOK \$7.99**  
#B1160  
978-0-8358-1160-6

**KINDLE \$7.99**  
#K1252  
978-0-8358-1252-8



## LIVING WITH PURPOSE IN A WORN-OUT BODY

Spiritual Encouragement for Older Adults

**Missy Buchanan**

Fosters empathy for the frail elderly and expresses their deepest concerns without tap dancing around the tough issues. Short, comforting devotions offer much-needed spiritual encouragement. Enlarged Print.

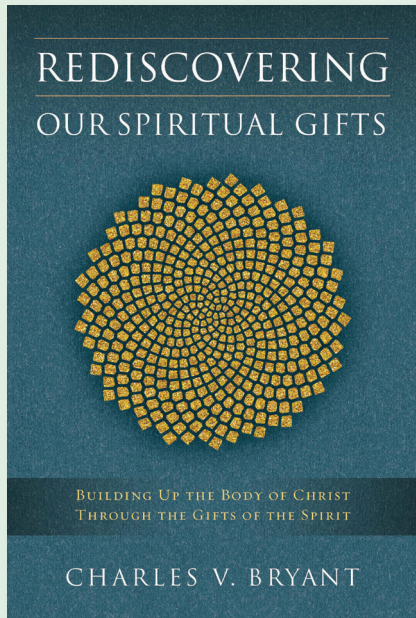
**PAPERBACK \$11.99**  
#9942  
978-0-8358-9942-0

**eBOOK \$9.99**  
#B1203  
978-0-8358-1203-0

**KINDLE \$9.99**  
#K1205  
978-0-8358-1205-4

# SPIRITUAL GIFTS resources

Spiritual gifts are not our talents or skills. They are the grace of God at work within us. The gifts are given to individuals, but they are given to build and strengthen community and to meet the needs of those around us.



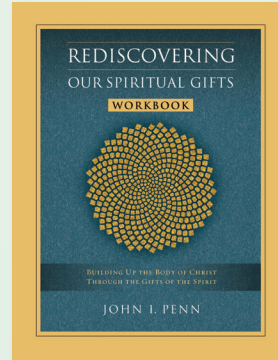
## REDISCOVERING OUR SPIRITUAL GIFTS

Building Up the Body of Christ Through the Gifts of the Spirit

**Charles V. Bryant**

Identifies, defines, and discusses 32 spiritual gifts including giving, healing, hospitality, service, witnessing, and music. The book provides a "Grace-Gifts Inventory" to help readers identify and apply the spiritual gifts in their lives.

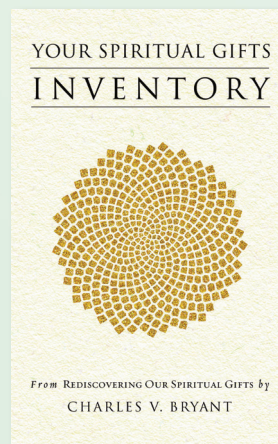
<b>PAPERBACK</b> \$11.99 #633 978-0-8358-0633-6	<b>eBOOK \$9.99</b> #B1491 978-0-8358-1491-1	<b>KINDLE \$9.99</b> #K1490 978-0-8358-1490-4
---	--	---



## REDISCOVERING OUR SPIRITUAL GIFTS WORKBOOK

This workbook offers a basic understanding of the gifts of the Holy Spirit and is appropriate for both individual and group use.

<b>PAPERBACK</b> \$9.99 #771 978-0-8358-0771-5	<b>eBOOK \$7.99</b> #B1606 978-0-8358-1606-9	<b>KINDLE \$7.99</b> #K1605 978-0-8358-1605-2
--	--	---

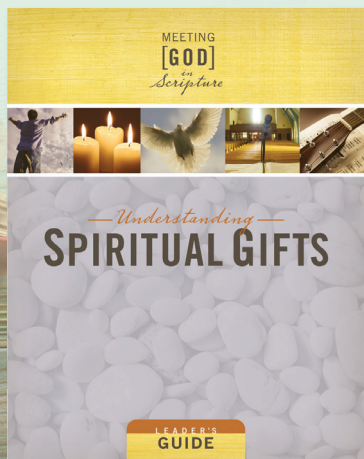


## YOUR SPIRITUAL GIFTS INVENTORY

**Charles V. Bryant**

This packet contains 10 copies of the spiritual gifts inventory from the book *Rediscovering Our Spiritual Gifts*. The inventory adapts material from the basic text for small-group assessment and discussion about spiritual gifts.

**PAPERBACK \$21.99**  
#819  
978-0-8358-0819-4



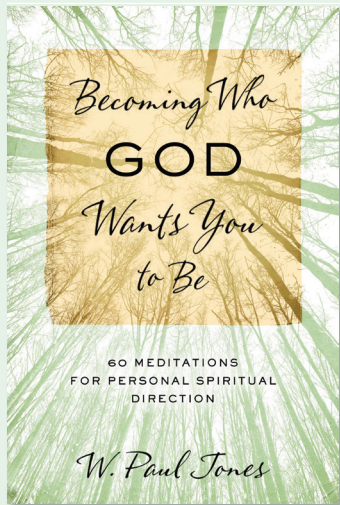
## UNDERSTANDING SPIRITUAL GIFTS

Meeting God in Scripture

**Mary Lou Redding**

Are you searching for the kind of life and mission to which God is calling you? Let this 7-week study be your guide as you discover the place where your deep desires and the world's deep needs intersect. Helps individuals and small groups explore spiritual gifts using selected passages from the Bible. Includes a spiritual gifts inventory.

<b>LEADER'S GUIDE \$9.99</b> #1014 978-0-8358-1014-2	<b>PARTICIPANT'S WORKBOOK \$8.99</b> #1015 978-0-8358-1015-9
--	--



## BECOMING WHO GOD WANTS YOU TO BE

60 Meditations for Personal Spiritual Direction

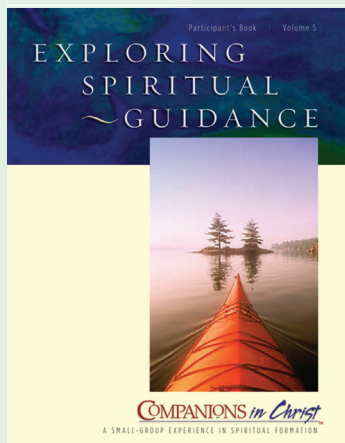
**W. Paul Jones**

In this refreshing approach to a means of spiritual growth, you will explore self-guided spiritual direction with the ultimate spiritual director: the Holy Spirit. Examine your thoughts, truths, difficulties, and triumphs.

**PAPERBACK \$13.99**  
#I324  
978-0-8358-1324-2

**eBOOK \$9.99**  
#B1326  
978-0-8358-1326-6

**KINDLE \$9.99**  
#K1325  
978-0-8358-1325-9



## EXPLORING SPIRITUAL GUIDANCE PARTICIPANT'S BOOK

Companions in Christ Series

**Wendy M. Wright**

An overview of different ways of giving and receiving spiritual guidance from one-on-one relationships with a spiritual guide, to spiritual growth groups, to guidance in congregational life.

**PAPERBACK \$7.99**  
#9834  
978-0-8358-9834-8

### PATHS OF STUDY

Resources categorized by topic & level of study to meet your group's needs.

#### FOUNDATIONAL:

Those who want to learn more.

#### INTERMEDIATE:

Those who want to expand their foundational knowledge.

#### DEVELOPED:

Those who have a committed personal practice.

### FOUNDATIONAL resources

Holy Listening with Breath, Body, & the Spirit

#I631 • #B1633 • #K1632

Each One a Minister

#DR375 • #BDR660 • #KDR661

### INTERMEDIATE resources

Holy Spirit Here and Now

#I220 • #B1222 • #K1221

Living into the Answers

#9944

### DEVELOPED resources

What We Need Is Here

#I510 • #B1511 • #K1530

Responding to Our Call

#9833



“**The Holy Spirit graciously gives** each of us special energies and tools for ministry called gifts (*charismata*). Having a gift of the Spirit is not a mark of Christian maturity; the goal comes in employing that gift for the glory of God and the mutual good of the community.”—Charles V. Bryant, *Rediscovering Our Spiritual Gifts*

**God is at work in and through YOU.**



## Pray

*Rejoice always. Pray continually.*  
—1 Thessalonians 5:16-17

- ◆ Pray for the staff and ministry of The Upper Room.
- ◆ Give your time and concern. Volunteer for The Upper Room Prayer Center and help respond to over 800 prayer requests each day.

<http://prayer-center.upperroom.org/>



## Share

*How beautiful upon the mountains are the feet of a messenger who proclaims peace, who brings good news.*—Isaiah 52-7

- ◆ Share the gift of your story. Write a meditation for *The Upper Room* daily devotional guide.

<http://submissions.upperroom.org>



## Give

*God loves a cheerful giver.*—2 Corinthians 9:7

- ◆ Invite someone into deep spiritual practice and prayer with an Upper Room book or a magazine gift subscription.

<http://bookstore.upperroom.org>

- ◆ Give a donation that connects millions of people to God and community:

### International Editions

Give to help distribute and translate *The Upper Room* daily devotional in 100 countries and over 30 languages.

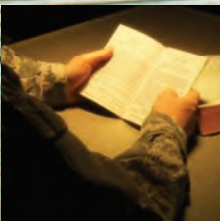
### The Upper Room Prayer Center

Help provide training and technology that enables volunteers to respond to over 800 prayer requests each day.

### Chaplains' Ministry

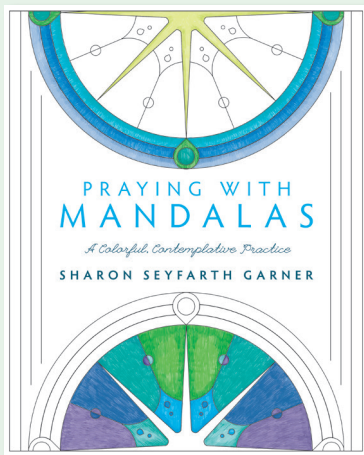
Help military and prison chaplains provide spiritual nourishment to those they serve.

<http://upperroom.org/gift>



# PRAYER resources

We pray because we long to feel connected to God and to expand our own limited perspective. Prayer is found in all generations, cultures, and faith traditions. It was an integral part of Jesus' life, and he taught us how to pray by word and example. Investigate different kinds of prayer through these resources.



## PRAYING WITH MANDALAS

A Colorful, Contemplative Practice

**Sharon Seyfarth Garner**

This is more than a coloring book. It is also a prayer journal that includes 10 pages of 4 blank mandala designs (40 total) to use with 4 methods of prayer: *lectio divina* (meditative reading of scripture), intercessory prayer, centering prayer, and the Examen. Each chapter explains the method of prayer to be used while coloring the mandala.

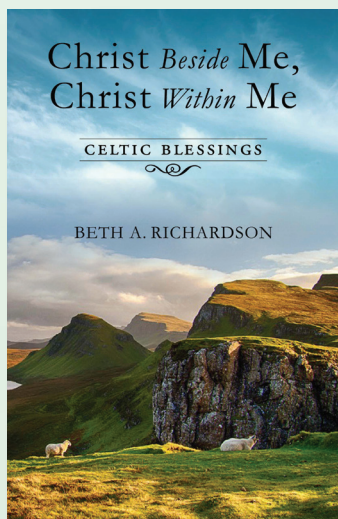
PAPERBACK \$9.99      eCOURSE \$19.00

#1634

978-0-8358-1634-2

eLearning.upperroom.org

**HAVE YOU**  
thought about  
giving a book for  
**Mother's Day?**  
May 14, 2017



## CHRIST BESIDE ME, CHRIST WITHIN ME

Celtic Blessings

**Beth A. Richardson**

Do you wonder where God is present in your day? Learn to live in the "now" and experience the sacredness of every moment with this beautiful collection of Celtic blessings from Beth Richardson. Her short, simple prayers, combined with rich stories about her grandfather, will lead you to notice God's presence in every moment.

PAPERBACK \$9.99

eBOOK \$9.99

KINDLE \$9.99

AUDIO \$14.99

eCOURSE \$19.00

#1523

#B1524

#K1533

#1726

elearning.upperroom.org

978-0-8358-1523-9

978-0-8358-1524-6

978-0-8358-1533-8

978-0-8358-1726-4

### PATHS OF STUDY

Resources categorized by topic & level of study to meet your group's needs.

#### FOUNDATIONAL:

Those who want to learn more.

#### INTERMEDIATE:

Those who want to expand their foundational knowledge.

#### DEVELOPED:

Those who have a committed personal practice.

### FOUNDATIONAL resources

Beginning Prayer

#1186

Prayers for Ordinary and Extraordinary Moments

#1089 • #B1164 • #K1097

Lord, Teach Us to Pray

#DR570

Dimensions of Prayer

#971

### INTERMEDIATE resources

Walking in the Light

#1344 • #B1346 • #K1345

Praying in the Messiness of Life

#1041 • #B1155 • #K1051

Talking in the Dark

#9922 • #1242 • #K1241

"Pray for Me"

#1090 • #B1130 • #K1098

### DEVELOPED resources

A House of Prayer

#1321 • #B1323 • #K1322

The Lord's Prayer

#1066 • #B1154 • #K1075

Sacred Breath

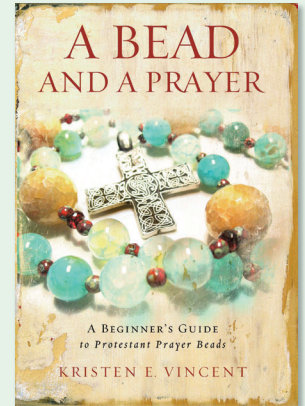
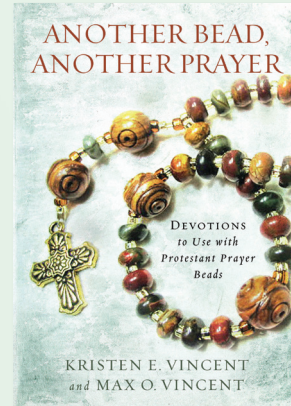
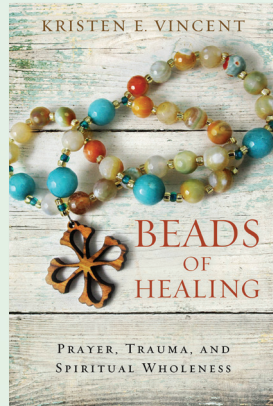
#1031 • #B1289 • #K1264

Creating a Life of Prayer

#9855 • #B1301 • #K1300

# PRAYER resources

Do you need help focusing in prayer? Three books by Kristen Vincent offer practical ways for readers to use prayer beads to enter conversations with God, stay focused, and sense God's presence. Excellent for people interested in learning new ways to pray and for groups seeking retreat options. Each book contains instructions for making and using prayer beads. BEADS NOT INCLUDED.



## BEADS OF HEALING

Prayer, Trauma, and Spiritual Wholeness

**Kristen E. Vincent**

Kristen Vincent shares her personal story of childhood trauma and how she eventually found God's healing. She gives us ideas for ways to use prayer beads as a safe way to enter conversations with God and open ourselves to God's love.

PAPERBACK \$13.99    KINDLE \$9.99  
#1635    #K1636  
978-0-8358-1635-9    978-0-8358-1636-6

eBOOK \$9.99  
#B1637  
978-0-8358-1637-3

## ANOTHER BEAD, ANOTHER PRAYER

Devotions to Use with Protestant Prayer Beads

**Kristen E. Vincent &  
Max O. Vincent**

Offers 28 devotions grouped by 4 types of prayer: praise, confession, intercession, and thanksgiving.

PAPERBACK \$11.99    KINDLE \$7.99  
#1372    #K1373  
978-0-8358-1372-3    978-0-8358-1373-0

eBOOK \$7.99  
#B1374  
978-0-8358-1374-7

## A BEAD AND A PRAYER

A Beginner's Guide to Protestant Prayer Beads

**Kristen E. Vincent**

Introduces Protestant prayer beads as a tool for connecting with God. Designed for people with no experience in using prayer beads.

PAPERBACK \$11.99    KINDLE \$7.99  
#1217    #K1218  
978-0-8358-1217-7    978-0-8358-1218-4

eBOOK \$7.99    eCOURSE \$19.00  
#B1219    elearning.upperroom.org  
978-0-8358-1219-1

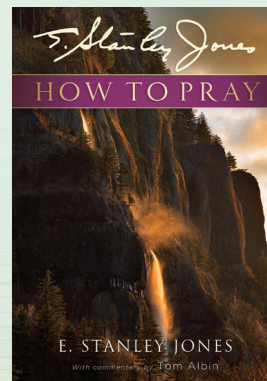


## QUIET SPACES

Prayer Interludes for Women  
**Patricia Wilson**

You can have an intimate relationship with God in spite of your busy, hectic life. Includes prayers for all occasions to refresh your spirit and give you the interludes of rest and time with God that you so need and desire. Also available in Spanish.

PAPERBACK \$13.99    eBOOK \$9.99    KINDLE \$9.99  
#969    #B1562    #K1561  
978-0-8358-0969-6    978-0-8358-1562-8    978-0-8358-1561-1



## HOW TO PRAY

**E. Stanley Jones & Tom Albin**

World-renowned evangelist E. Stanley Jones brings his timeless guidance on prayer to a new generation. This updated-language edition addresses what prayer is, the time and place for prayer, steps of prayer, and more.

PAPERBACK \$12.99    eBOOK \$9.99    KINDLE \$9.99  
#1378    #B1380    #K1379  
978-0-8358-1378-5    978-0-8358-1380-8    978-0-8358-1379-2

# THE GUIDE TO PRAYER SERIES

Rueben P. Job and Norman Shawchuck

The *Guide to Prayer* series by Rueben P. Job and Norman Shawchuck are devotional and prayer books that include thematically arranged material for each week of the year, as well as themes and an outline for monthly personal retreats. Each guide has a simple structure of daily worship, rich spiritual writings, lectionary scriptures, and poignant prayers.

Daily arrangement for all includes: Invocation (or an Affirmation), Psalm, Daily Scripture Reading, Readings for Reflection, Prayers, Reflection, Hymn, and Benediction. The Deluxe Gift edition features a leatherette cover, a ribbon bookmark, and gold-edged pages.



## FOR MINISTERS AND OTHER SERVANTS

This first in this classic series. Uses the Common Lectionary, deviating from the ecumenical lectionary themes only when the authors felt other themes might be more helpful. Includes writers like Carlo Carretto,

Martin Luther, Simone Weil, Henri Nouwen, Richard Foster, and Mother Teresa.

DELUXE GIFT EDITION \$19.99

#460

978-0-8358-0460-8

PAPERBACK EDITION \$19.99

#559

978-0-8358-0559-9



## FOR ALL WHO SEEK GOD

Third in this series. Uses the Revised Common Lectionary. Daily arrangement also incorporates: Petition, God's Promise, and My Response. Includes excerpts from writers such as Frederick Buechner, Mother Teresa, Howard Thurman, C. S. Lewis, Dietrich Bonhoeffer, and John Wesley.

DELUXE GIFT EDITION \$19.99

#999

978-0-8358-0999-3



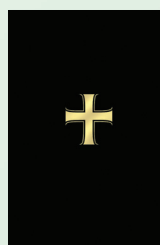
## FOR ALL GOD'S PEOPLE

Second in this series. Uses the Common Lectionary. Includes excerpts from such writers as Thomas Merton, Henri Nouwen, Carlo Carretto, Evelyn Underhill, Albert Schweitzer, Eugene Peterson, Esther de Waal, and Thérèse of Lisieux.

PAPERBACK \$19.99

#710

978-0-8358-0710-4



## FOR ALL WHO WALK WITH GOD

Fourth in this series. Uses the Revised Common Lectionary for Sunday; however, it offers different daily readings. Daily arrangement also incorporates: Affirmation, Silence, Offering of Self to God, Blessing.

Includes excerpts from writers such as Francis of Assisi, Teresa of Avila, Dietrich Bonhoeffer, Henri Nouwen, Sue Monk Kidd, Parker J. Palmer, Douglas Steere, Jan L. Richardson, Trevor Hudson, and Flora Slosson Wuellner.

PAPERBACK \$19.99

#1328

978-0-8358-1328-0

eBOOK \$9.99

#B1228

978-0-8358-1228-3

KINDLE \$9.99

#K1227

978-0-8358-1227-6



## PRAY WITH US

The Upper Room Living Prayer Center is a 7-day-a-week intercessory prayer ministry staffed by Christian volunteers. For information on how you can pray or how we can pray for you,

visit us at [PrayerCenter.UpperRoom.org](http://PrayerCenter.UpperRoom.org).

Here are ways you can connect with us:

### REQUEST

Submit a prayer request, and Covenant Prayer Groups will pray for you. Call us at 800.251.2468 from 7 a.m. – 11 p.m. CST.

### VOLUNTEER

Become a phone volunteer. We can forward the prayer line to you for at least a 2-hour time slot that fits your schedule.

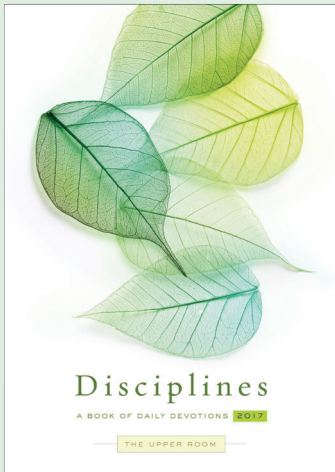
### PARTNER

Become a prayer partner. You can receive weekly prayer requests by email and help pray for people in need.

# DEVOTIONAL resources

Devotional books are not meant to be read in one sitting; they are designed to have a short reading and prayer for every day. By praying every day, you can develop a stronger relationship with God. Devotions are a great way to focus your attention and consider issues or themes you might not have thought of otherwise.

**HAVE YOU  
heard about  
Auto Shipment?**  
Disciplines is shipped  
to you as soon as  
it is available!  
800.972.0433



## THE UPPER ROOM DISCIPLINES 2017

A Book of Daily Devotions

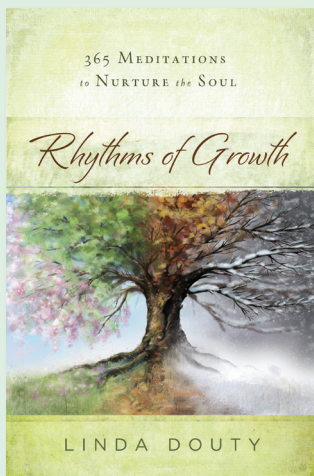
The short yet thoughtful meditations in *The Upper Room Disciplines* can help you feel God's presence and strengthen your faith. Nourish your spirit, find daily inspiration, and devote yourself to steady growth in love of God and neighbor.

PAPERBACK \$14.99  
#1551  
978-0-8358-1551-2

ENLARGED PRINT \$17.99  
#1552  
978-0-8358-1552-9

eBOOK \$9.99  
#B1554  
978-0-8358-1554-3

KINDLE \$9.99  
#K1553  
978-0-8358-1553-6



## RHYTHMS OF GROWTH

365 Meditations to Nurture the Soul

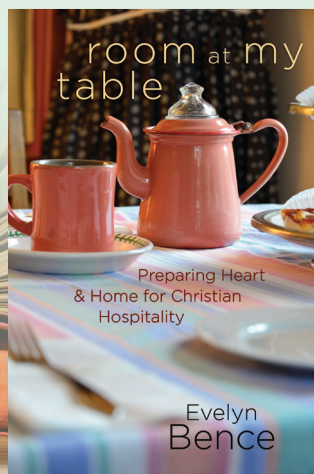
Linda Douty

Uses the seasons of the year to illustrate natural trends in our spiritual lives. Writing in a conversational style, Douty brings together the everyday and the holy to make this book appeal to anyone who wants a devotional book that applies to everyday life.

PAPERBACK \$14.99  
#1351  
978-0-8358-1351-8

eBOOK \$9.99  
#B1353  
978-0-8358-1353-2

KINDLE \$9.99  
#K1352  
978-0-8358-1352-5



## ROOM AT MY TABLE

Preparing Heart and Home for Christian Hospitality

Evelyn Bence

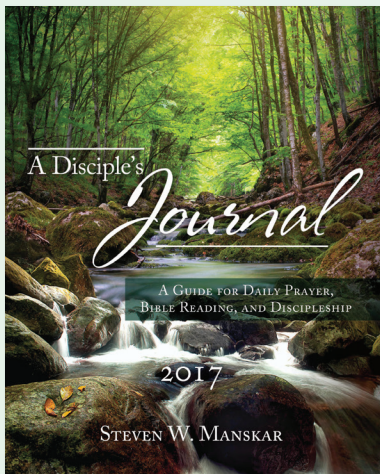
A delightful collection of 52 devotions that reflect on gatherings around a table that have brought together friends, family, and strangers. The meditations ease the door ajar, gently inviting you to welcome others to your table. Learn to plan, gather, choose recipes, and make guests feel at ease.

PAPERBACK \$12.99  
#1359  
978-0-8358-1359-4

eBOOK \$9.99  
#B1361  
978-0-8358-1361-7

KINDLE \$9.99  
#K1360  
978-0-8358-1360-0





## A DISCIPLE'S JOURNAL 2017

A Guide for Daily Prayer, Bible Reading, and Discipleship

**Steven W. Manskar**

Carefully designed and deeply Wesleyan, the journal provides a pattern of daily prayer and scripture reading for disciples who want to grow in holiness of heart and life.

**PAPERBACK \$15.00**

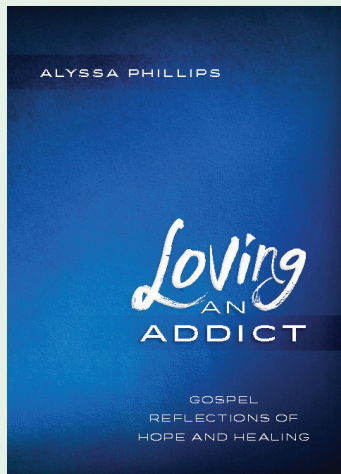
#DR850  
978-0-88177-850-2

**eBOOK \$9.99**

BDR852  
978-0-88177-852-6

**KINDLE \$9.99**

KDR851  
978-0-88177-851-9



## LOVING AN ADDICT

Gospel Reflections of Hope and Healing

**Alyssa Phillips**

Fear. Anger. Shame. Resentment. Despair: If you love someone with an addiction, you probably know all of these emotions. In this book of 52 devotions, Phillips shares her journey of coming to peace with loving an addict. Her authentic reflections and prayers will help you find hope and strength to cope with your challenges.

**PAPERBACK \$13.99**

#I1369  
978-0-8358-1369-3

**eBOOK \$9.99**

#B1371  
978-0-8358-1371-6

**KINDLE \$9.99**

#K1370  
978-0-8358-1370-9



## QUIET SPACES

Prayer Interludes for Women

**Patricia Wilson**

You can have an intimate relationship with God in spite of your busy, hectic life. Wilson shows how even a few stray minutes can become a blessed opportunity for a focused encounter with God. Also available in Spanish.

**PAPERBACK \$13.99**

#969  
978-0-8358-0969-6

**eBOOK \$9.99**

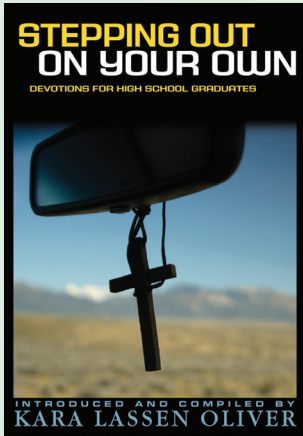
#B1562  
978-0-8358-1562-8

**KINDLE \$9.99**

#K1561  
978-0-8358-1561-1

**HAVE YOU**  
heard about  
**our website just**  
**for women?**  
[myQuietSpaces.org](http://myQuietSpaces.org)

# DEVOTIONAL resources



## STEPPING OUT ON YOUR OWN

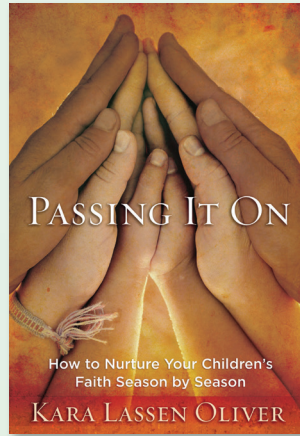
Devotions for High School Graduates  
**Kara Lassen Oliver**

You just graduated from high school. Now what? Let the 93 devotions advise you in finding your unique ways of making a difference in the world. Some of the best advice for young adults written by young adults.

PAPERBACK \$11.99  
#1013  
978-0-8358-1013-5

eBOOK \$4.99  
#B1311  
978-0-8358-1311-2

KINDLE \$4.99  
#K1310  
978-0-8358-1310-5



## PASSING IT ON

How to Nurture Your Children's Faith Season by Season  
**Kara Lassen Oliver**

Offers practical ideas to help Christian parents nurture children in their faith with simple, doable suggestions for weekly family gatherings. Can be easily incorporated into your schedule.

PAPERBACK \$9.99  
#1497  
978-0-8358-1497-3

eBOOK \$7.99  
#B1498  
978-0-8358-1498-0

KINDLE \$7.99  
#K1536  
978-0-8358-1536-9



## SPIRIT BOOSTERS FOR THE JOURNEY OF AGING

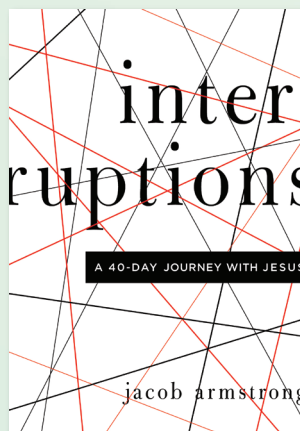
366 Devotions  
**Missy Buchanan**

This inspirational reusable calendar encourages older adults to keep a positive frame of mind. It features brief daily devotions and

Bible verses, enlarged-print text, a gift presentation page, and space to add personal celebrations. Easy to display and makes a great gift!

CALENDAR \$14.99  
#1668 978-0-8358-1668-7

**HAVE YOU**  
thought about  
a devotional?  
We have them for  
every age level!



## INTERRUPTIONS

A 40-Day Journey with Jesus  
**Jacob Armstrong**

Life is full of interruptions. Some are life-changing, and others are minor but frustrating. In these 40 short readings, see how Jesus responded to interruptions and sometimes was an interrupter. Interruptions may be

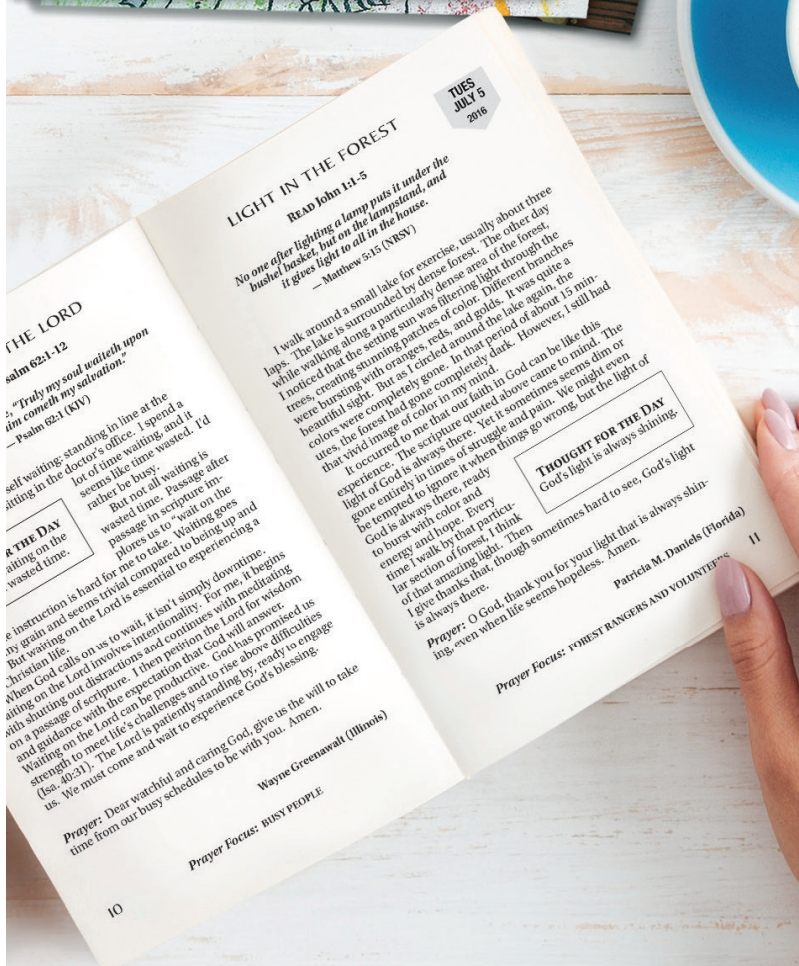
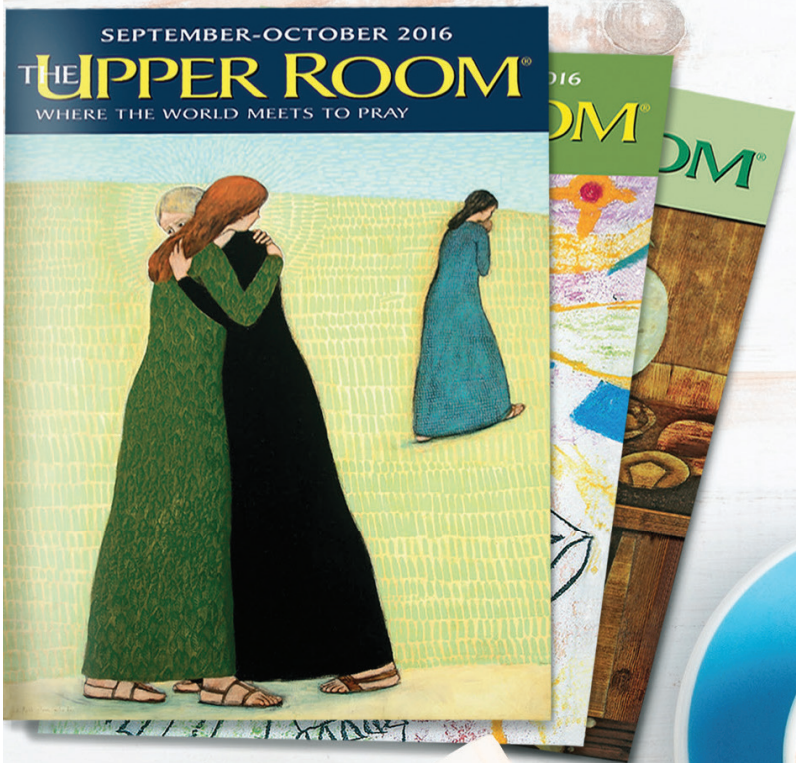
opportunities for you to hear from God, feel God's presence, or share God's love.

PAPERBACK \$9.99  
#1347  
978-0-8358-1347-1

eBOOK \$9.99  
#B1349  
978-0-8358-1349-5

KINDLE \$9.99  
#K1348  
978-0-8358-1348-8

# A GREAT WAY TO START YOUR DAY



## LIGHT IN THE FOREST

Read John 1:1-5  
*No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.*  
 — Matthew 5:15 (NRSV)

I walk around a small lake for exercise, usually about three laps. The lake is surrounded by dense forest. The other day I noticed that the setting sun was filtering light through the trees, creating stunning patches of color. Different branches were bursting with oranges, reds, and golds. It was quite a beautiful sight. But as I crested around the lake again, the colors were completely gone. In that period of about 15 minutes, the vivid image of color in my mind. It occurred to me that our faith in God can be like this experience. The scripture quoted above came to mind. The light of God is always there, yet it sometimes seems dim or gone entirely in times of struggle and pain. We might even be tempted to ignore it when things go wrong, but the light of God is always with color and energy and hope. Every time I walk by that particular section of forest, I think I give thanks that, though sometimes hard to see, God's light is always there.

**THOUGHT FOR THE DAY**  
 God's light is always shining.

**Prayer:** O God, thank you for your light that is always shining, even when I lie seems hopeless. Amen.  
 Patricia M. Daniels (Florida)

**Prayer Focus:** FOREST RANGERS AND VOLUNTEERS 11

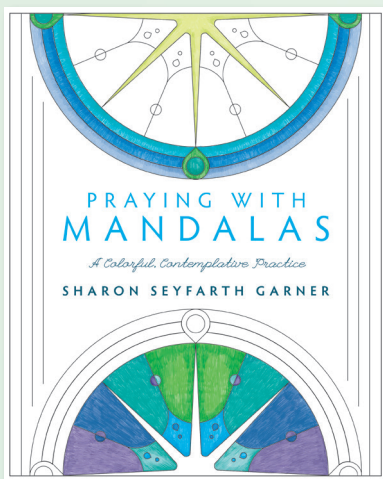
**Prayer:** Dear watchful and caring God, give us the will to take time from our busy schedules to be with you. Amen.  
 Wayne Greenawald (Illinois)  
**Prayer Focus:** BUSY PEOPLE

**\$15.99**  
 for 1 year (6 issues)  
 Also available in large print for \$17.99

CALL  
**800.972.0433**  
 TODAY and mention order code A7AG01

# SUMMER suggestions

Summertime offers many ways to impact your community for Christ. As leaders, what should we do during down times to take advantage of these unique fellowship opportunities? Here are a few resources to invite your community to join you for summer activities at your church. Do something new this summer!



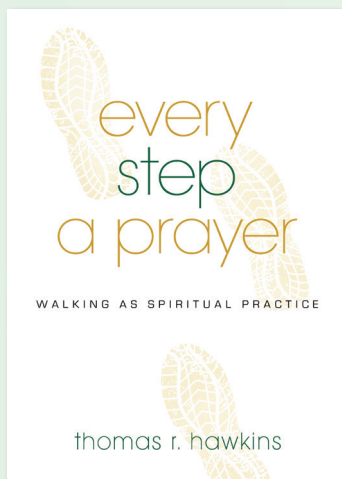
## PRAYING WITH MANDALAS

A Colorful, Contemplative Practice  
Sharon Seyfarth Garner

Coloring is a fun and relaxing way to spend time, but this is more than a coloring book—it is also a prayer journal. This summer, examine 4 methods of prayer. Each chapter explains the method of prayer to be used while coloring each mandala. Includes 10 pages of 4 blank mandala designs (40 total), reflection questions, tips on contemplative coloring, and more.

**PAPERBACK \$9.99**  
#1634  
978-0-8358-1634-2

**eCOURSE \$19.00**  
eLearning.upperroom.org



## EVERY STEP A PRAYER

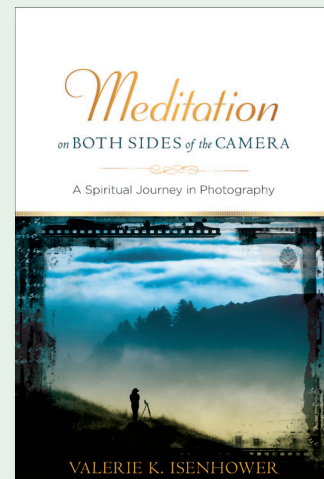
Walking as Spiritual Practice  
Thomas R. Hawkins

It's common knowledge that walking benefits your physical health. But have you considered that walking is good for your soul? Slow down and explore God's creation this summer. Hawkins lifts up walking as a spiritual practice that helps us find our way to God. Each of the 6 chapters includes reflection questions and suggestions for prayerful walking.

**PAPERBACK \$12.99**  
#1521  
978-0-8358-1521-5

**KINDLE \$9.99**  
#K1532  
978-0-8358-1532-1

**eBOOK \$9.99**  
#B1522  
978-0-8358-1522-2



## MEDITATION ON BOTH SIDES OF THE CAMERA

A Spiritual Journey in Photography  
Valerie K. Isenhower

Award-winning photographer Valerie Isenhower explores photography and meditation on images as a spiritual practice. Field-tested in workshops and e-learning sessions, this e-book offers a Christian perspective on the photography process from preparation to photographing to processing and meditating with images.

**eBOOK \$9.99**  
#B1178  
978-0-8358-1178-1

**KINDLE \$9.99**  
#K1106  
978-0-8358-1106-4

**Resources available in this catalog are available in multiple formats.**

When ordering please use either the 4-digit or 13-digit ISBN's for the specific format you want. If you use the 4-digit numbers, please note the numbers and letters.

**#0000** Paperback    **#B0000** eBooks    **#K0000** Kindle



## TAKE THE FLAG

Following God's Signals in the Race of Your Life  
**Rob Fuquay**

The spiritual life is often compared to a race. Pastor Rob Fuquay sees a parallel between the flags used in auto racing and the signals God sends us in our fast-paced lives. In this Bible-based, 7-week churchwide series, Fuquay uses the flags from auto racing as a way to discuss different aspects of our life of faith. The purpose of *Take the Flag* is not to turn readers into race fans but to help them become stronger disciples of Jesus Christ by paying attention to the signals God gives us each day. For free samples and more information, visit [RobFuquay.com/take-the-flag](http://RobFuquay.com/take-the-flag).

PAPERBACK \$9.99  
 #1578

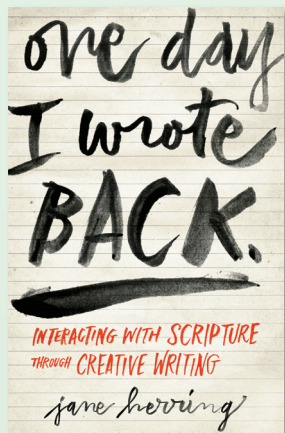
eBOOK \$7.99  
 #B1580

eCourse \$22.00  
[eLearning.upperroom.org](http://eLearning.upperroom.org)

ENLARGED PRINT \$9.99  
 #1582

KINDLE \$7.99  
 #K1579

DVD \$39.99  
 #1581



## ONE DAY I WROTE BACK

Interacting with Scripture Through Creative Writing  
**Jane Herring**

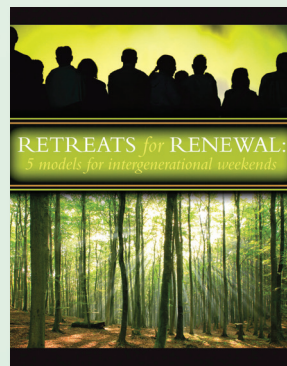
Do you struggle to relate to the Bible? Jane Herring wrestled with the contradictions, puzzling stories, and difficult sayings in scripture—until she discovered the power of interacting with them. Herring guides you to “talk back” to

scripture passages you don’t understand. Ask questions, explore your life, plead, praise, and ponder.

PAPERBACK \$11.99  
 #1375  
 978-0-8358-1375-4

KINDLE \$9.99  
 # K1376  
 978-0-8358-1376-1

eBOOK \$9.99  
 # B1377  
 978-0-8358-1377-8



## RETREATS FOR RENEWAL

5 Models for Intergenerational Weekends  
**Nancy Ferguson**

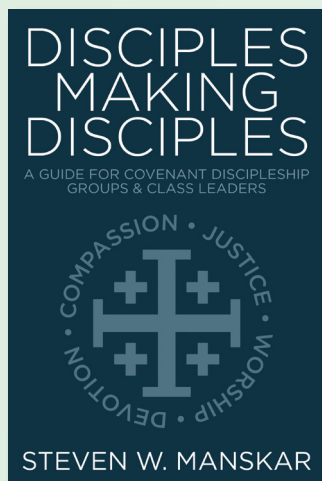
Presents five models for retreats and an overview on planning. Everything for a two- or three-day event is provided, including song suggestions, biblical background,

resources for welcome, crafts and nature activities, sample worship services, and small-group session details.

PAPERBACK \$10.00  
 #DR515  
 978-0-88177-515-0

# SUMMER suggestions

Inspire leaders and individuals alike to grow disciples as children, youth, and adults. Believe, follow, grow, and transform! Covenant Discipleship helps connect participants with Jesus Christ and one another through ongoing mutual accountability and support for living in the world as Christ followers.



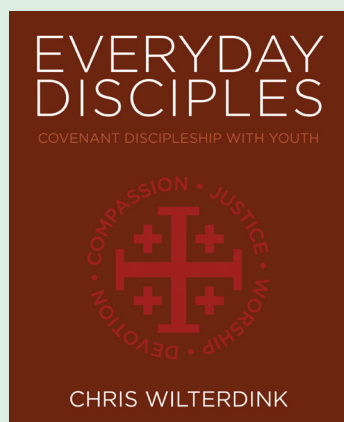
## DISCIPLES MAKING DISCIPLES

A Guide for Covenant Discipleship Groups and Class Leaders

**Steven W. Manskar**

Provides information needed to organize the ministry, form groups, write a covenant, lead a meeting, and support groups so they help the congregation live out its mission of making disciples for the transformation of the world.

<b>PAPERBACK \$17.00</b>	<b>eBOOK \$9.99</b>	<b>KINDLE \$9.99</b>
#DR774	#BDR776	#KDR775
978-0-88177-774-1	978-0-88177-776-5	978-0-88177-775-8



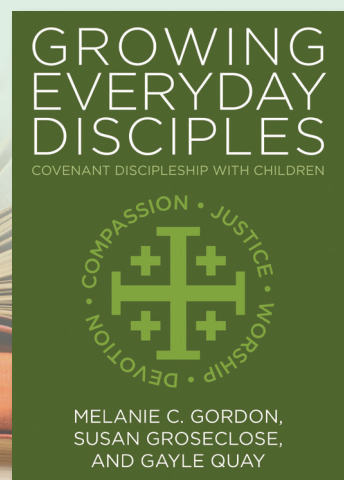
## EVERYDAY DISCIPLES

Covenant Discipleship with Youth

**Chris Wilterdink**

Resources pastors, youth leaders, and youth groups with information and planning materials related to Covenant Discipleship and accountability practices. Encourages a networked support structure for living as Christ followers.

<b>PAPERBACK \$14.00</b>	<b>eBOOK \$9.99</b>	<b>KINDLE \$9.99</b>
#DR793	#BDR795	#KDR794
978-0-88177-793-2	978-0-88177-795-6	978-0-88177-794-9



## GROWING EVERYDAY DISCIPLES

Covenant Discipleship with Children

**Melanie C. Gordon, Susan Groseclose, & Gayle Quay**

Equips adults who serve in ministry with children ages 8-11 to guide children toward a mature faith through everyday acts of compassion, justice, worship, and devotion under the guidance of the Holy Spirit.

<b>PAPERBACK \$12.00</b>	<b>eBOOK \$9.99</b>	<b>KINDLE \$9.99</b>
#DR695	#BDR697	#KDR696
978-0-88177-695-9	978-0-88177-697-3	978-0-88177-696-6

## 4 CONVENIENT WAYS TO ORDER!

**PHONE:** 800.972.0433  
 Customer Service representatives are ready to help with your order.  
 Monday–Friday 8:00 a.m.–6:00 p.m. Central Time;  
 Saturday 8:00 a.m.–5:00 p.m. Central Time;  
 closed Sunday

**ONLINE:** Bookstore.UpperRoom.org or Cokesbury.com

**BY FAX:** 386.447.2321

**BY MAIL:** The Upper Room Customer Service,  
 PO Box 433110,  
 Palm Coast, FL 32143-9836

All Upper Room Books, Fresh Air Books, and Discipleship Resources products are also available from Cokesbury. Upper Room Books, Fresh Air Books, and Discipleship Resources reserve the right to change availability of titles and prices.

**DISCOUNT POLICY:** When purchasing multiple copies of resources for your church, study group, committee, or other formation group, you may qualify for a quantity discount. Customers must order directly from the publisher, and the discount applies only to items shipped to one address. Videos, CDs, PDFs, prepackaged sets, and items purchased from Amazon.com or Cokesbury.com are excluded from all quantity discounts, promotions, or other special offers.

ITEMS	DISCOUNT
1 – 4.....	0% off
5 – 9.....	5% off
10 – 19.....	15% off
20 – 49.....	20% off
50 – 99.....	25% off
100 – 499.....	40% off
500 plus.....	50% off

**SHIPPING:** Shipping costs will be added to your invoice. Most orders ship USPS book rate. Please allow two weeks for delivery on domestic shipments. UPS shipping is also available on most orders with applicable charges added to your invoice. UPS does not deliver to PO boxes. Rush same-day shipments, when applicable, are available upon request for orders received by 11:00 a.m. CT at a charge of \$11.25 plus actual shipping cost. We cannot ship C.O.D. When your order arrives, please check it immediately and notify your carrier if it was damaged in shipping.

**TERMS:** Visa and MasterCard are accepted. You may also create an account and be billed on the account. If you are charging to your account, payment is due on receipt of your invoice, net 30 days. Enclose your customer number and your order invoice with your payment. Make checks payable to Upper Room. Please do not send currency or stamps. International orders should be paid in U.S. dollars by International Money Order. Accounts with balances 90 days old are automatically placed on hold until the account becomes current.

**RETURNS:** Your satisfaction is guaranteed. Full refund or credit will be given on items returned in new condition. Videos and CDs may be returned only with permission from our customer support staff at 800.972.0433. Please keep the packing slip, as the reverse side is the return form, which includes detailed instructions for returns.

**THE UPPER ROOM**  
 CHAPEL AND CHRISTIAN ART MUSEUM

We invite you to visit us here in Nashville, Tennessee, this summer.



The Upper Room is a place for family fun, inspiration, prayer, and worship—easily accessible for individuals, families, and other groups. The Upper Room Chapel opened in April 1953 and celebrates over 60 years of ministry through the arts and hospitality. Experience biblical stories and Christian heritage as told through sculptures, porcelain figures, manuscripts, and paintings dating from 1100 AD through the 21st century. Artifacts range from folk art to 16th-century Bibles. The museum is easily accessible and of interest for all ages.

Monday - Friday 8:00 AM - 4:30 PM

Call for museum tour requests.  
 877.899.2780

1908 Grand Avenue  
 Nashville, TN 37212

DIVINE ENCOUNTERS THROUGH STORY

# SPOKEN INTO BEING

MICHAEL E. WILLIAMS

## SPOKEN INTO BEING

Divine Encounters through Story

**Michael E. Williams**

Everyone is a storyteller. Stories that capture our attention form us into the persons we are now and will become in the future. They help us experience other people and God. Jesus knew the power of stories and used them to share the Good News with the world.

PAPERBACK

\$12.99 #1707

978-0-8358-1707-3

eBOOK \$9.99

#B1709

978-0-8358-1709-7

KINDLE \$9.99

#K1708

978-0-8358-1708-0

**NEW!**

Available  
July 2017

## 20% OFF ALL ORDERS

Use the promo code in the yellow box when purchasing. Offer expires July 31, 2017.

## Order today!

Bookstore.UpperRoom.org • 800.972.0433

M210



PO Box 340004 | Nashville, TN 37203-0004

PROMO CODE: **SPCAT2017**

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Nashville, TN  
Permit No. 2703