

***Bibliography: For Further Reading/Study  
for  
IFDC 239, The Art of Living Intentionally: Crafting a Rule for Faithful Living  
(January 2020)***

**General Overview to Spiritual Formation**

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**Explorations in True Self-False Self**

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**Survey of the Spiritual Disciplines**

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**Commentaries/Reflections on the Rule of St Benedict**

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Chittister, Joan, OSB. Wisdom Distilled from the Daily; Living the Rule of St. Benedict Today, San Francisco: Harper & Row Publishers, 1990.

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### **Developing a Rule of Life: Books**

- Barton, Ruth Haley. Sacred Rhythms: Arranging Our Lives for Spiritual Transformation, Downers Grove, IL: InterVarsity, 2006. (see Chapter 9)
- Macchia, Stephen A. Crafting a Rule of Life: An Invitation to the Well-ordered Way, Downers Grove, IL: IVP, 2012.
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- Shigematsu, Ken. God in My Everything: How an Ancient Rhythm Helps Busy People Enjoy God, Grand Rapids, Ill: Zondervan, 2013
- Thompson, Marjorie J. Soul Feast: An invitation to the Christian Spiritual Life, Louisville, KY: Westminster John Knox, 1995. (see Chapter 9)

### **Developing a Rule of Life: Websites**

(with downloadable/engageable resources aimed at helping you develop and draft your own personal rule of life)

- [The Society of Saint John the Evangelist](#) (a wealth of materials, including videos and download materials to guide you through the creation of a rule of life)
- [The Society of Saint John the Evangelist, "Living Intentionally" document](#)
- [Sacred Ordinary Day's page devoted to rules](#) (a wealth of links)
- [Steve Macchia's website dedicated to "rules"](#) (great samples)
- [Portland's Bridgetown Church has several sections related to its recent emphasis on "rules", including this particular page, with a downloadable workbook](#)
- Bishop Curry & the Episcopal Church recently launched an initiative focused on a rule of life which can be engaged at both of these links:
  - <https://episcopalchurch.org/way-of-love>
  - <https://www.forwardmovement.org/Pages/Item/10742/The-Way-of-Love.aspx>

### **Rule of Life: Podcast Episodes**

- [Developing a Rule of Life](#) (series from Bridgetown Church in Portland)
- [Renovare Episode, Steve Macchia "An Invitation to a Well-Ordered Way"](#)
- Episode from Ruth Haley Barton's Strengthen the Soul of Your Leadership, ["A Rule of Life: Arranging our Lives for Spiritual Transformation"](#)