

Go Deeper

SPIRITUAL READING

*“Do not be conformed to this world but
be transformed by the renewal of your mind.”*

—Rom 12:2

Spiritual reading is a great way to keep growing your spiritual life. Reading good books or listening to good talks helps us: (1) acquire a Christian worldview, (2) deepen our intellectual convictions, (3) and grow in our spiritual life.

Here are some initial ideas of where to start, but this list is not exhaustive. There are many great spiritual books that are not included, not to mention many theological, philosophical, and literary works.

You can find more book recommendations in the GOOD READs monthly video sent by the Saint John Society, via their newsletter.

Keep in mind that:

- a. Reading a little bit every day is better than reading a lot one day.
- b. Scripture, the Catechism, and the writings of the saints are the most important books.
- c. Some books are so good that you need to read them twice.

Spirituality (level I)

- *Rediscover Catholicism*, Matthew Kelly
- *Mere Christianity*, CS Lewis
- *Prayer for Beginners*, Peter Kreeft
- *Jesus as Friend*, Salvatore Canals
- *Into His Likeness*, Edward Sri
- *Testimony of Hope*, Cardinal Van Thuan
- *Overcoming Lukewarmness*, Francisco Fernandez-Carvajal
- *Four Signs of a Dynamic Catholic*, Matthew Kelly
- *Practice of the Love of Jesus Christ*, St. Alphonsus Liguori
- *The Adventure of Discipleship*, Dan Keating
- *Rescued*, Fr. John Riccardo

Spirituality (level II)

- *Thirsting for Prayer*, Jacques Philippe
- *In the School of the Holy Spirit*, Jacques Philippe
- *Life in Christ*, Raniero Cantalamessa
- *The Friendship of Christ*, Robert Hugh Benson
- *The Good Sense of Jesus*, Fr. Ivan Pertine
- *Jesus of Nazareth (Vol. 1,2,3)*, Pope Benedict XVI
- *Introduction to the Devout Life*, St. Francis De Sales
- *Confessions*, St. Augustine
- *The Story of a Soul*, St. Therese of Lisieux
- *The Dialogues*, St. Catherine of Siena
- *Autobiography*, St. Ignatius of Loyola
- *The Fulfillment of All Desire*, Ralph Martin

Mass & Adoration

- *The Lamb's Supper*, Scott Hahn
- *7 Secrets of the Eucharist*, Vinny Flynn
- *What Happens at Mass*, Abbot Jeremy Driscoll
- *The Eucharist Our Sanctification*, Raniero Cantalamessa
- *Visits to the Blessed Sacrament*, St Alphonsus Liguori
- *The Imitation of Christ*, Thomas à Kempis
- *21 Ways of Worship*, Vinny Flynn

Forgiveness

- *7 Secrets of Confession*, Vinny Flynn
- *Give Me Your Wounded Heart*, Father Slavko Barbaric
- *The Healing Power of Confession*, Scott Hahn
- *Everyone Needs to Forgive Somebody*, Allan Hunt

Mission

- *Winning Souls for Christ*, Raoul Plus
- *From Christendom to Apostolic Mission*, James Shea
- *Forming Intentional Disciples*, Sherry Weddell
- *Making Missionary Disciples*, Curtis Martin

Healing

- *Be Healed*, Bob Schuchts
- *Interior Freedom*, Jacques Philippe

Overcoming pornography

- strive21.com
- covenanteyes.com
- reclaimsexualhealth.com

Theology of the Body

- *Men, Women, and the Mystery of Love*, Edward Sri
- *The Genesis of Gender*, Abigail Favale
- *Be Restored*, Bob Schuchts
- *Men and Women are from Eden*, Mary Healy

Jason Evert and Christopher West write and speak about dating and the theology of the body.

Becoming Catholic (google any of these)

- Called to Communion – David Anders
- The journey home series – Marcus Grodi
- Brant Pitre's Books: *The Case for Jesus*, *Jesus and the Jewish Roots of the Eucharist*, and *Jesus and the Jewish Roots of Mary*
- Scott Hahn's Books: *Signs of Life*, *Rome Sweet Home* and *Letter and Spirit*
- *The Light of Christ: An Introduction to Catholicism*, Fr. Thomas White

Biographies

- *Into the Deep*, Abigail Favale
- *He Leadeth Me*, Fr. Walter Cizek
- *Apologia Pro Vita Sua*, St. John Henry Newman
- *Let the Fire Fall*, Father Scanlan
- *The Long Loneliness*, Dorothy Day
- *The Price to Pay*, Joseph Fabelle
- *Something Other Than God*, Jennifer Fulwiler
- *Left to Tell*, Immaculée Ilibagiza
- We recommend all the novels of the saints written by Louis De Wohl

Podcasts (* means also or only YouTube)

- SSJ Daily Gospel Reflection (Fr. Lucas Laborde)
- Echo: St John Society Portland Podcast
- The Bible in a Year (Fr. Mike Schmitz)*
- Catechism in a Year (Fr. Mike Schmitz)*
- Poco a Poco (Franciscan Friars)
- Abiding Together (Sister Miriam James Heidland)
- Restore the Glory (JPII Healing center)
- Ascension Presents (Various speakers)*
- Theology of the Body (Christopher West)*
- Pints w/Aquinas (Matt Fradd) *
- Thomistic Institute Podcast*
- Lust is Boring Podcast (Jason Evert)
- Blessed is She Podcast
- Discernment of Spirits Podcast (Fr. Timothy Gallagher)
- You Were Born For This Podcast (Acts XXIX)
- Every Knee Shall Bow: Catholic Evangelization Podcast (Michael Gormley and Dave VanVickle)
- Laudate (app)
- Hallow (app)

***“Help yourself... by reading holy books.
This reading provides excellent food
for the soul and conduces to great progress
along the path of perfection.”***

—Padre Pio

***“Don’t neglect your spiritual reading.
Reading has made many saints.”***

—St. Jose Maria Escriva

