

Spiritual Direction Reading List

Required Reading

- [***Sacred Companions: The Gift of Spiritual Friendship & Direction***](#) by David Benner
- [***Spiritual Direction: A Guide to Giving and Receiving Spiritual Direction***](#) by Gordon T. Smith
- [***The Listening Life***](#) by Adam S. McHugh
- [***Online Video Course: Growing Deeper in God's Word***](#) by Bill & Kristi Gaultiere
- [***Lectio Divina Guides***](#) by Bill Gaultiere
- [***Ignatian Meditation Guides***](#) by Bill Gaultiere
- [***Your Best Life in Jesus' Easy Yoke***](#) by Bill Gaultiere
- [***Holy Listening: The Art of Spiritual Direction***](#) by Margaret Guenther
- [***Praying the Psalms: Engaging Scripture and the Life of the Spirit***](#) by Walter Brueggemann
- [***Breath Prayer Guides***](#) by Bill Gaultiere
- [***Journey of the Soul***](#) by Bill & Kristi Gaultiere
- [***Journey of the Soul Leader's Guide***](#) by Bill & Kristi Gaultiere
- [***Unforsaken: With Jesus on the Stations of the Cross***](#) by Bill Gaultiere
- [***Healing Prayer***](#) by Bill & Kristi Gaultiere
- [***Empathy***](#) by Bill & Kristi Gaultiere (Title forthcoming in Nov. 2025)
- [***Healthy Feelings, Thriving Faith: Growing Emotionally & Spiritually Through the Enneagram***](#) by Bill & Kristi Gaultiere.
- [***The Practice of Spiritual Direction***](#) By Barry & Connelly
- [***Your Sabbatical: An Introduction***](#) by Bill Gaultiere
- [***Spiritual Direction & The Care of Souls***](#) by Moon & Benner

Suggested Reading

- [**Spiritual Direction & Meditation**](#) by Thomas Merton
- [**Writings on Spiritual Direction**](#) by Great Christian Masters edited by Jerome Neufelder and Mary Coelho
- [**Soul Friend: An Invitation to Spiritual Direction**](#) by Kenneth Leech
- [**Care of Mind / Care of Spirit: A Psychiatrist Explores Spiritual Direction**](#) by Gerald May
- [**Soul Keeping: Ancient Paths of Spiritual Direction**](#) by Howard Baker
- [**When the Soul Listens: Finding Rest and Direction in Contemplative Prayer**](#) by Jan Johnson
- [**The Friend of the Bridegroom: Spiritual Direction and the Encounter with Christ**](#) by Thomas H. Green
- [**Spiritual Direction**](#) by Henri Nouwen
- [**Seeking God Together: An Introduction to Group Spiritual Direction**](#) by Alice Fryling
- [**The Enneagram Made Easy**](#) By Baron & Wagele
- [**Surprising Joy Advent Meditations**](#) by Bill & Kristi Gaultiere

To purchase the books from Amazon at their best price, click on the bold, underlined links. A portion of the sale will go back to the nonprofit ministry of Soul Shepherding