CAPITAL RESOURCES

RECOMMENDED READING & RESOURCES

This booklet contains a list of some of Troy's favorite resources for spiritual formation.

Some of the books will be difficult to find locally, so you may need to order them from a distributor like Amazon. Most of these resources are also available on audio through iTunes or at www.christianaudio.com.





Perhaps the best thing you can do is own a Bible that is easy for you to read. Below I've recommended three translations of the Bible, though there are many others that are wonderful as well. If you cannot afford a Bible, I want to give you one. Just ask someone at Guest Central next time you're at church.





NEW INTERNATIONAL VERSION

This is the best-selling translation of the Bible in America, and I use it as the primary translation in almost every message. The NIV is a well-rounded and versatile "mediating" translation. If you only pick up one Bible, this is a good place to start.

ESV 💿

ENGLISH STANDARD VERSION

This is one of the finest "formal equivalent" translations available. It's a reliable translation I use every week.



NEW LIVING TRANSLATION

The NLT is even easier to read than the NIV. Like the other two translations above, it was created by a team of biblical scholars. Capital's founding pastor Doug Oss was on the translation committee.



ESV STUDY BIBLE

A study Bible is different than a mere translation of the Bible. In a study Bible, scholars make comments in footnotes at the bottom of each page to explain the biblical

text. A good study Bible is an indispensable resource for regular study. Though I don't agree with all of the commentary, I've found the ESV Study Bible to be the finest work of its kind. Capital's founding pastor Doug Oss wrote the study notes for the New Testament books 2 Peter and Jude.

BOOKS ABOUT THE BIBLE



HOW TO READ THE BIBLE FOR ALL ITS WORTH

by Gordon Fee & Douglas Stuart

This book offers an easy-to-read manual of the Bible. The authors—two well-respected scholars—explain the different kinds of biblical literature (poetry, law, narrative, etc.) and help us understand what the Scripture meant and what it means for us today. I highly recommend this book for anyone looking to increase their understanding of the Bible.



HOW TO CHOOSE A TRANSLATION FOR ALL ITS WORTH

by Gordon Fee & Mark Strauss

In this book, the authors explain how contemporary translations of the Bible are created and what makes a translation accurate and reliable. If you'd like information on the trustworthiness of our English Bible versions, this book is a good place to start.



THE BLUE PARAKEET

by Scot McKnight

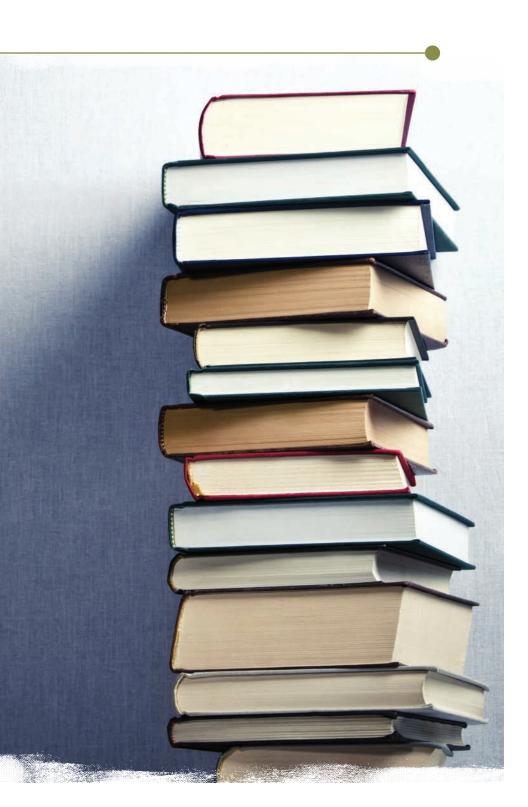
In this book, trusted New Testament scholar Scot McKnight offers a refreshing way to read the Bible, without trying to "tame" it. He calls followers of Jesus to understand the Scriptures in a way that transcends the traditional debates about doctrine and practice. Let this book encourage your study of the Scriptures!



EAT THIS BOOK

by Eugene Peterson

In this book, Eugene Peterson encourages us to read the Bible on its own terms as God's revelation—and to live what we read. This is a wonderful book from a gifted writer. Peterson is well known for his paraphrase of the entire Bible—The Message.



SPIRITUAL DISCIPLINES



THE LIFE YOU'VE ALWAYS WANTED

by John Ortberg

Without question this is my favorite introduction to the spiritual disciplines. Orthogoffers a clear explanation of these ancient practices without any legalism. If you buy only one book on spiritual disciplines, it should be this one.

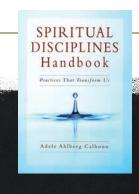


THE ME I WANT TO BE

by John Ortberg

In this book, Ortberg describes the process by which we are transformed in greater detail than he does in *The Life You've Always Wanted*. Few people have shaped my spiritual life more than this author, and this is one of his most important books.







by Adele Calhoun

Calhoun's work is a treasure of tried and true spiritual practices written well enough for everyone from the novice to the master to use. The author has provided a trove of spiritual disciplines that will nourish your soul, striking a delicate balance between accessibility and depth that comes from her own faithful practice. Read it, engage the disciplines, and allow God to transform you in the deepest levels of your being.



CELEBRATION OF DISCIPLINE

by Richard Foster

Foster's work is considered a modern classic on the subject of the disciplines. If you've read the previously listed books and would like to dig deeper, pick up a copy.



THE SPIRIT OF THE DISCIPLINES

by Dallas Willard

Dallas Willard was a professor of philosophy at USC and a passionately devoted follower of Jesus. In this work, Willard offers an in-depth explanation of how spiritual disciplines transform our character.

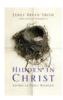


PRAYER: FINDING THE HEART'S TRUE HOME

by Richard Foster

This book walks the reader through experiencing 21 different types of prayer. He has shown the way to enter and experience prayer, not merely with emotion and sentiment, but in a way in which the human spirit is transformed and enjoys a new oneness with God.

DAILY DEVOTION



HIDDEN IN CHRIST

by James Bryan Smith

Over a one-month period, James Bryan Smith will guide you through a phrase-by-phase—sometimes word-by-word—exposition of Colossians 3:1-17. These 30 insightful devotions will help you live your faith in everyday life. I love this book!



JESUS CALLING

by Sarah Young

Jesus Calling offers a year's worth of daily readings from the author's journal to bring you closer to Christ and move your time with him from a monologue to a dialogue. Each day is simply but powerfully written as if Jesus himself were speaking to you.



MY UTMOST FOR HIS HIGHEST

by Oswald Chambers

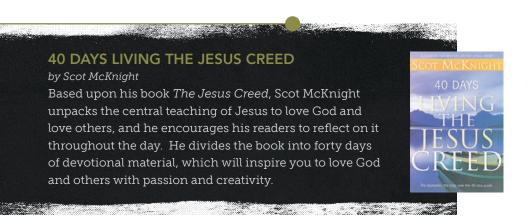
My Utmost for His Highest is one of the most enduring devotional books of our time. This yearlong devotional will have a profound impact on your life, guiding you as you become a better servant of Christ.

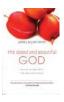


HEARING GOD THROUGH THE YEAR

bv Dallas Willard

Being close to God means communicating with him. It requires both telling him what is on our hearts in prayer and understanding what he is saying to us. With this offering of daily devotionals (six per week) Dallas Willard helps us understand how we can know the voice of God and act on it. Each day you'll read Scripture on this topic and find suggestions for prayer, journaling, and reflection to draw you into God's presence. You may be surprised—and even transformed—by what you discover.





THE GOOD & BEAUTIFUL GOD

by James Bryan Smith

In this practical book, the author challenges our thinking about who God is and how he works in our lives. As we rethink our theology, Smith offers us exercises of spiritual formation that will change us from within and help us know God more.



THE GOOD & BEAUTIFUL LIFE

by James Bryan Smith

Using the Sermon on the Mount, Smith paints a picture of what life could be like if we lived our lives aligned with Christ and his kingdom. I took issue with one or two minor interpretational issues, but this is without question one of the most powerful and practical tools you could use to experience the abundant life that Jesus offers us.



THE SONGS OF JESUS

by Timothy J. Keller

Tim Keller takes readers on a journey through the Psalms. During the first six months, you'll find a brief devotional on each of the Psalms, with a basic overview and life application. During the last six months, Keller shows readers how to turn each Psalm into a prayer. Great insights from one of my favorite Bible teachers!

GENERAL SPIRITUAL GROWTH



THE DIVINE CONSPIRACY

by Dallas Willard

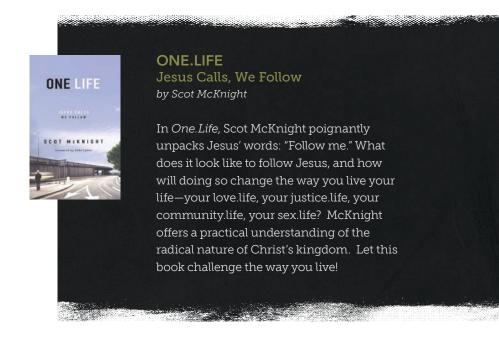
In this powerful exposition of the Sermon on the Mount, Dr. Willard reveals the true nature of the teachings of Jesus. The author shows that Jesus' followers are intended to be his disciples, and that we have access now to the life we usually relegate to the hereafter. This is widely recognized as a very important book for Christians.

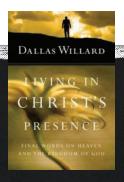


THE JESUS CREED Loving God, Loving Others

by Scot McKnight

Scot McKnight shows us how Jesus' vision forms us for even deeper expressions of love toward God and our neighbors. This book will transform your thinking of what it means to love Jesus and live as his representative to the world.





LIVING IN CHRIST'S PRESENCE

by Dallas Willard

In this book, Dr. Willard offers an overview of what life could look like if we walked with Jesus everyday. He and his co-writer John Ortberg discuss spiritual disciplines, the

Trinity, and many topics related to spiritual formation. I particularly found the Q&A sections helpful. Each chapter was originally a lecture given at a conference in the last few months of Dr. Willard's life. I recommend getting the lectures on DVD, if you're interested. This is one of the most cherished books in my library.



HEARING GOD

by Dallas Willard

Prayer is intended to be a dialogue with God—not a monologue merely made up of our requests! This is a contemporary classic on how we can learn to hear God's voice clearly and develop an intimate partnership with him in our lives today.



THE POWER OF A WHISPER

by Bill Hybels

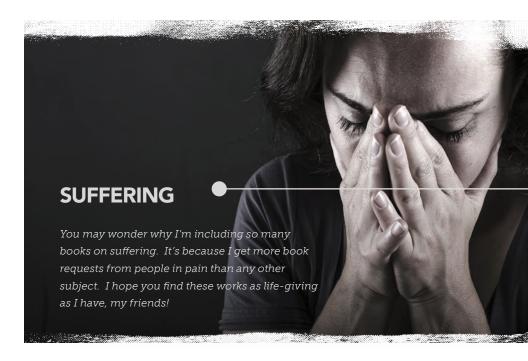
In this book, Hybels will help the reader listen for "whispers" from God that give us wisdom and insight for today. Let Bill challenge you to live your life listening to God!



THE PRACTICE OF THE PRESENCE OF GOD

by Brother Lawrence

Written over 300 years ago, *The Practice of the Presence of God* reads almost like a diary. Brother Lawrence was a monk who shares his personal testimony of sharing each day with Jesus. His story paints a picture of what life in Christ could be like for you and me. I recommend finding an updated translation.

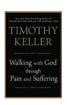




KEEPING HOPE ALIVE

by Lewis Smedes

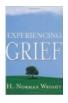
If you're losing hope or if someone you love is struggling with despair, I highly recommend this book. I've given it to countless people who, after reading it, have found hope in God.



WALKING WITH GOD THROUGH PAIN & SUFFERING

by Timothy J. Keller

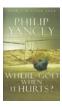
As usual, Dr. Keller's writing respects both the mind and the heart. He gives careful attention to the philosophical and theological questions of suffering, while remaining sensitive to our emotions and the personal nature of pain. This is a great primer on the problem of pain.



EXPERIENCING GRIEF

by Norman Wright

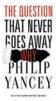
If you're in the early stages of loss and learning to cope with grief, this is the book for you. Dr. Wright's brief but potent writing guides readers through five stages of grief, as he guides us down a path toward peace and a mature faith.



WHERE IS GOD WHEN IT HURTS?

by Philip Yancey

In this award-winning book, Philip Yancey asks the hard questions about pain and suffering. He shares stories from the Scripture, as well as his own experiences, with powerful prose.



THE QUESTION THAT NEVER GOES AWAY

by Philip Yancey

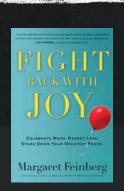
Thirty years after he wrote his classic *Where is God When It Hurts?*, Philip Yancey returns to the important subject of suffering to help us find meaning in our pain.



FAITH IN THE FOG

by Jeff Lucas

In this honest and vulnerable book, Jeff offers insight for our uncertainty, as he guides us through the post-resurrection story of John 21. Jeff is a personal friend to our whole community, and I know you'll find his wisdom timely and refreshing!



FIGHT BACK WITH JOY

by Margaret Feinberg

When our friend Margaret learned she had cancer, she knew she would need great strength to overcome it. She believed the weapon she selected for the battle would change everything. And she decided that weapon would be joy. Most people in the Capital community know and love Margaret. I invite you to allow our friend to tell you about her journey with Jesus while facing breast cancer.

FAITH & REASON



MERE CHRISTIANITY

by C.S. Lewis

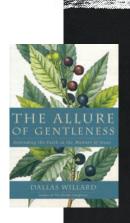
Originally given as radio lectures in 1940's England, *Mere Christianity* remains one of the finest explanations of the existence of God and the Gospel of Jesus Christ. Some readers may be familiar with his popular series The Chronicles of Narnia, which illustrates Christian themes in fantasy fiction.



THE REASON FOR GOD

by Timothy J. Keller

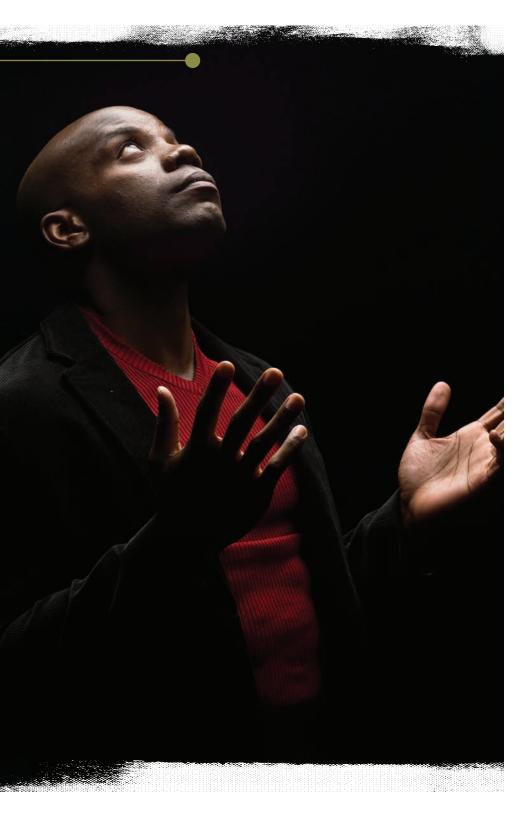
Tim Keller is the pastor of Redeemer Presbyterian Church in Manhattan. I believe this book makes the most compelling and thoughtful argument for the existence of God. In the first half of the book, Keller comments on the most popular objections to the existence of God. The second half details his arguments for the reality of a personal God, leading to his belief in Jesus Christ. You may not agree with all of Keller's conclusions, but if you or a friend are having trouble reconciling faith and reason, this is a must-read.



THE ALLURE OF GENTLENESS

by Dallas Willard

Gentleness may be one of the least talked-about fruits of the spirit, but Dr. Willard suggests it's a critical part of 21st-century apologetics and evangelism. Learn why reason, logic, and doctrine alone can't change hearts—and why a transformed people living Christlike, humble lives can.



RELATIONSHIPS





THE ART OF FORGIVING

by Lewis Smedes

Over the years, I have recommended this book more than any other book (except the Bible)! I believe that every follower of Jesus should read this book and reread it regularly. If you've been burned, betrayed or abused, ask God to use this book to bring healing to your soul.



BOUNDARIES

by Henry Cloud & John Townsend

Cloud & Townsend's groundbreaking work on boundaries has been a best seller for more than 20 years. Putting the principles in this book into practice will dramatically improve every relationship in your life.



SPIRITUAL FRIENDSHIPS

by Mindy Caliguire

In this book from Soul Care Resources, Mindy Caliguire gives practical, applicable wisdom for our interactions with others. The author offers amazing insights into how to form and feed life-giving, Spirit-led relationships. This is a must-read book for anyone looking to experience God's gracious care and in turn bless others from a new perspective on connecting.



HOW TO HAVE THAT DIFFICULT CONVERSATION YOU'VE BEEN AVOIDING

by Henry Cloud & John Townsend

Originally entitled *Boundaries Face to Face*, this book offers a step-by-step plan to positively confront any difficult person in your life. You won't be bogged down in theory. This book hands the reader practical application that can be used immediately.



ANGER

Handling a Powerful Emotion in a Healthy Way

by Gary Chapman

This is the best book I've found for anyone wanting to learn how to handle anger in a life-giving, God-honoring way. Dr. Chapman also wrote the worldwide best seller *The Five Love Languages*.



SAFE PEOPLE

How to Find Relationships That Are Good for You and Avoid Those That Aren't

by Henry Cloud & John Townsend

Do you find yourself being drawn into unhealthy relationships? This book helps readers identify safe people with whom we can partner in this journey of life.



THANKS FOR THE FEEDBACK

by Douglas Stone and Sheila Heen

Stone and Heen explain why receiving feedback is so crucial yet so challenging, offering a simple framework and powerful tools to help us respond with curiosity and grace. Though this book is not written from an explicitly Christian viewpoint, I've found it to be one of the most helpful resources for my own spiritual growth—because God uses other people to shape us into the people he's called us to be. Heen also wrote an accompanying small group curriculum for churches—Thank God for the Feedback.







BOUNDARIES IN DATING

by Henry Cloud & John Townsend

Without question, this is the best book I've ever read on dating. Any single remotely interested in dating should read and apply.

HOW TO GET A DATE WORTH KEEPING

by Henry Cloud

This is Cloud's work on dating designed to help people who feel "stuck" get "unstuck." You may not agree with all of Cloud's advice, but the selective reader will benefit from his sensible wisdom. Incidentally, Dr. Cloud was single well into his thirties. He speaks from personal experience.



DESIGNER SEX

by Philip Yancey

The content of this book comes from a few chapters of one of Yancey's full-length books. However, this tiny booklet packs a punch! I've never read a more powerful explanation of the power of human sexuality.



THE MEANING OF MARRIAGE

by Timothy J. & Kathy Keller

Okay—what in the world is a book on marriage doing in the "dating" section? First, Dr. Keller pastors a church in Manhattan made up of mostly single adults. Few married ministers have a better grasp on the single adult life than Tim Keller. Additionally, this book offers an incredible chapter on being single and a chapter on sex that you HAVE to read. But more than anything, Keller's biblical view of marriage will help you carefully consider whom you date and how you date. Seriously—read this book!



SAVING YOUR MARRIAGE BEFORE IT STARTS

by Les & Leslie Parrott

If your dating relationship has turned more serious, this may be the book for you. We teach this curriculum as a course at Capital. If you're engaged or seriously dating someone, I encourage you to take the class next time it's offered.

MARRIAGE



THE MEANING OF MARRIAGE

by Timothy J. & Kathy Keller

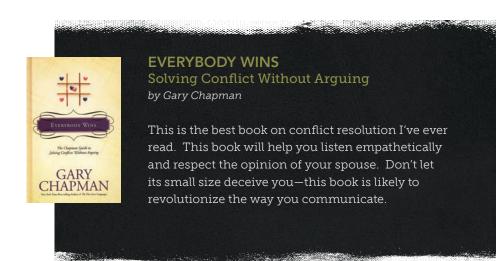
This is my favorite book on marriage. In this work, the Kellers offer the most complete theology of marriage I've ever read in a marriage book. They accurately identify the greatest threat to marriage: selfishness. They talk about the power of truth, love and grace in a relationship. I recommend this book to singles as well!



TRADING PLACES

by Les & Leslie Parrott

This is one of the most insightful little books on marriage I've read in a long time. In *Trading Places*, Drs. Les & Leslie Parrott share a 3-step process to help you empathize with your spouse. I highly recommend using the online assessment tool as well. If you apply the wisdom of this book to your life, your marriage will never be the same again.





HOME IMPROVEMENTS NEGOTIATING CHANGE WITH YOUR SPOUSE

by Gary Chapman

Dr. Chapman offers keen insight on how to bring lifegiving change to your marriage without resorting to arguing or manipulation. I adore this book. Here's the bad news: It's out of print. It is, however, available on a Kindle or a Kindle App, and it's available on audio. Honestly, it's probably worth buying an iPad just to read this little book (I love it that much!).



RESCUE YOUR LOVE LIFE

by Henry Cloud & John Townsend

I wish every couple would apply the principles of this book to their marriage. Every chapter is powerful, but chapter one may be the most crucial. It asks you as the reader to look inwardly and take responsibility for your own problems before addressing your spouse's. Whether your relationship needs to be "rescued" or simply tweaked, I recommend you read this book.



BOUNDARIES IN MARRIAGE

by Henry Cloud & John Townsend

This book takes the ideas from Cloud and Townsend's original work *Boundaries* and applies them in the context of marriage. Highly recommended!



THE FIVE LOVE LANGUAGES

by Gary Chapman

In this modern classic, Chapman helps couples identify and speak each other's "love language." I've seen this book save marriages on the brink of divorce. This is required reading for a thriving marriage!

PARENTING



BOUNDARIES WITH KIDS

by Henry Cloud & John Townsend

"How healthy choices grow healthy children." This is the most balanced teaching I've ever read on parenting. The authors take their award-winning principles and apply it to parenting.



BOUNDARIES WITH TEENS

by John Townsend

This book will teach you how to set healthy boundaries for yourself and your teen. Additionally, Dr. Townsend will help you understand your adolescent son or daughter as you deal with your own issues of fear and guilt. There's also a helpful section of the book devoted to specific circumstances commonly faced when parenting teens (e.g. alcohol, sex, defiance, disrespect, etc.).

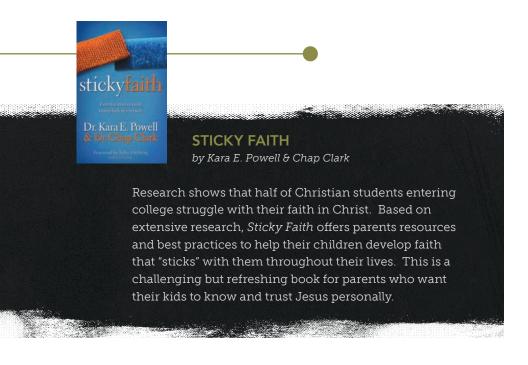


RAISING GREAT KIDS

by Henry Cloud & John Townsend

Cloud and Townsend explain how the ingredients of grace, truth, and time work together to develop character in our kids. This book is designed to prepare your children for the real world with the goal of "working yourself out of the job."







JESUS CALLING BIBLE STORYBOOK

by Sarah Young

This is a wonderful devotional that parents can read to their young children. As children hear about some of the stories in the Scriptures, their young hearts will understand the big story of what God is doing in the world. Plus, it will help kids begin to talk to God in prayer. Our family has loved this book!



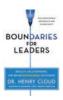
SHARING GOD'S LOVE

The Jesus Creed for Children

by Scot McKnight & Laura McKnight Barringer

This is a delightful storybook that will help your children learn how to find ways to love God and love others in their world. It's a great tool to help parents talk to their kids about how faith can show up in their lives each day. Highly recommended for parents of young children!

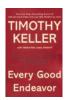
WORK





by Henry Cloud

Drawing on the latest findings from neuroscience, Dr. Cloud shows why it's critical for leaders to set the conditions that make people's brains perform at their highest levels. If you lead people in any capacity, make reading this book a priority.



EVERY GOOD ENDEAVOR

by Timothy J. Keller

In Every Good Endeavor, Dr. Keller presents a biblical theology for work. This is a great book that challenges readers to serve the world with integrity, discipline, creativity, and passion in the workplace. And he'll show you how your work can become an act of worship.



INTEGRITY

by Henry Cloud

Cloud defines integrity as becoming a whole person. He offers six qualities that have shocking relevance for every leader. Trusted advice from a trusted leadership coach!



NECESSARY ENDINGS

by Henry Cloud

In this insightful work, Dr. Cloud instructs us how and when to allow "necessary endings" to fix what's broken in our personal and professional lives. This is one of my favorite books from 2011. I found chapters 7 and 8 to be particularly helpful.



THE ONE-LIFE SOLUTION

by Henry Cloud

If you feel spread too thin at work, this book is for you. If you're familiar with Cloud's "boundaries" concepts, think of this book as "Boundaries in Business."

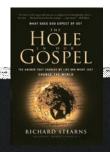
SERVING



GENEROUS JUSTICE

by Timothy J. Keller

In *Generous Justice*, Dr. Keller presents a biblical theology for justice and mercy. He believes our experience of grace empowers us to live a life of justice in the world. Keller does us a great service by unpacking the biblical texts on the subject.



THE HOLE IN OUR GOSPEL

by Richard Stearns

Rich Stearns, the CEO of World Vision, presents a compelling point: that we are saved by faith and saved for works. His book declares that Christ's criterion for determining the authenticity of someone's profession to follow him is whether or not he or she tangibly cares for those in need. When we care for them we are actually caring for Christ Himself. Stearns shows that the Bible speaks boldly that there is no "whole gospel" without compassion and justice shown to the poor. This eye-opening book traces the desperate needs in the Majority World and reminds us that God expects our lives—our churches and our faith communities—to be characterized by authentic signs of our own transformation: compassion, mercy, justice and love—demonstrated through action.

COUNSELORS

Receiving counseling from a trained professional may be best way for you to "own" your own spiritual growth. Counselors are trained to ask good questions and guide us to a place of spiritual and emotional health. Here is contact information on some Christian counselors in our area.

LEWIS HANCOCK PHD

3229 Melbourne Street Salt Lake City, UT 84106 (801) 487-9000

LEAH HARTER LCMHC, LPC

1283 Deer Valley Dr.
Park City, UT 84068
435-649-2260 x1
leah@ccofpc.org
www.ccofpc.org/counseling-services

ED PETERSON LCSW, MBA

Ed Peterson, LCSW, MBA The EFT Clinic 4505 Wasatch Blvd., Suite 290 Salt Lake City, IT 84124 (801) 809-7990

MARLENE WOERTZ LMFT

8160 S. Highland Drive, Suite 105 Sandy, UT 84093 (530) 409-9514

THE CENTER FOR CHRISTIAN COUNSELING

2469 E. Fort Union #206 Salt Lake City, UT 84121 (801) 747-9857 www.centerforchristiantherapy.com



1010 East 700 South Salt Lake City, Utah 84102 (801) 366-4222

1400 Bitner Road Park City, Utah 84098 (801) 366-4222

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