



# Soul Guide: Following Jesus As Spiritual Director (Spiritual Formation Line)

By Bruce Demarest



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Bruce Demarest provides biblically based and practical information on life and soul guidance using the example of Jesus Christ as our Spiritual Director.

This book will help you:

- Find guidance and direction from the teachings of Jesus, Martin Luther, Teresa of Avila, C. S. Lewis, Henri Nouwen, and more
- Learn how to wait on God
- Deal with confusion, fear, and betrayal
- Discover God's perspective on busyness and guilt
- Restore your lost passion for life



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### **Bibliography**

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### **Editorial Review**

From Publishers Weekly

Commonly associated with monastic orders and the mystical practices of Roman Catholic saints, the discipline of spiritual direction is one that conservative Protestants have approached with caution and caveats. That may be changing. Well known in evangelical circles, Demarest, a popular author and professor at Denver Seminary, argues that spiritual counselors and "soul friends" are indeed part of God's plan for the converted Christian. Although comfortable referring to classic spiritual authorities like Teresa of Avila and the Desert Fathers (and Mothers), Demarest believes that "soul-care"-relationships between experienced Christians and those seeking guidance in faith-are driven by the believer's fundamental need to imitate Christ's life and character. "In Jesus Christ, then, we find the pattern of spiritual guidance and the qualities of the ideal spiritual director," he writes. At the heart of the book is a group of meditations on various Gospel passages; Demarest uses an event in the life of Jesus Christ to draw some conclusions about his character and relationships. One of a series of books on spiritual formation offered by NavPress, this volume offers readers application questions at the end of each chapter. The author's focus on Jesus as principal spiritual mentor should allay conservatives' concerns about extra-biblical eclecticism, and his balanced and straightforward style should also give this volume wide appeal. One minor gripe: in a book that avoids any controversy over gender roles, the occasional use of the word "man" instead of "humanity" is jarring.

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From the Back Cover

Identity. Purpose. Hearing God. Direction. Relationships. Life is a journey and the path is rarely straight and smooth. On the way, we must make a myriad of decisions—career, marriage, ministry, lifestyle, and more. How do we know which path to take? We need a wise guide with a spiritual compass. *Soul Guide: Following Jesus As Spiritual Director* offers wisdom and insight for those who hunger for help with the deeper issues of life. In *Soul Guide*, spiritual and professional mentor Dr. Bruce Demarest provides biblically based and practical information on life and soul guidance using the example of Jesus Christ as our Spiritual Director. This book will help you: ·Find guidance and direction from the teachings of Jesus, Moses, Martin Luther, Teresa of Avila, C. S. Lewis, Henri Nouwen, and more · Learn how to wait on God and catch the scent of the Spirit · Deal with confusion, fear, and betrayal · Discover God's perspective on busyness and guilt · Restore your lost passion for life · Discover deeper intimacy with God as you learn how to let Jesus be your spiritual mentor. *Soul Guide* is spiritual direction for the journey of the soul. Come, join the adventure!

About the Author

DR. BRUCE DEMAREST was educated at Wheaton College and Trinity Evangelical Divinity School. He earned his doctorate in biblical and historical theology at the University of Manchester, where he was mentored by Professor F. F. Bruce. Bruce spent ten years working with evangelical missions organizations and also has taught at numerous evangelical seminaries throughout the United States, Canada, the Middle East, and Asia. A professor at Denver Seminary, he is the author of fifteen books and has written for national publications such as Christianity Today, Foundation, Reflections, and Criswell Theological Review. His book *Satisfy Your Soul* was named the 1999 Religion Book of the Year by ForeWord magazine.

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