

RESOURCES FOR GROWTH IN SPIRITUALITY

DR. E. ANTHONY ALLEN

MB, BS, MDiv, MRC Psych, DM (Psych)

Consultant Psychiatrist

Consultant in Whole Person Health and Church-based Health Ministries

	<p>Books can be ordered using the following methods:</p> <ol style="list-style-type: none"> 1. Using US\$ credit card via the internet (Amazon, Barnes & Noble, or publisher's websites). 2. Ordering directly from publisher by requesting a pro-forma invoice and paying via bank draft 3. Through a better-known bookstore. <p>NB It is suggested that enquiries can be made re ordering and accompanying audiotape version and workbook for each publication cited.</p>
	Books with two asterisks (**) are highly recommended. Those with one (*) The rest can be chosen according to your needs, preferences and their affordability.
Common Aids to Bible Study	
Title	Life Application Study Bible: New International version **
Author	
Publisher	Zordevan Press
Subject	Excellent aid to studying and understanding the Bible. Geared especially towards its personal application to everyday living. Valuable notes on a wide range of topics and profiles on Bible personalities.
Title	Spirit Filled Life Bible
Author	
Publisher	Thomas Nelson Publishers
Subject	Useful notes integrating perspectives on the Holy Spirit. Valuable sections on various Biblical topics relating to spiritual growth and victory. Very good for Bible Study. Goes well with the Life Application Bible.
Title	Thompson Chain Reference Bible: New International version
Author	
Publisher	B.B. Kirkbride Bible Company
Subject	Excellent tool for discovering Bible texts relating to topics, persons, events, themes etc. Detailed referencing of texts to each other. Provides theme for almost every verse and linking it to other verses ahead. Also has an index with the verses from various themes. Good sections on the archaeology and history of Bible times. Vital for more advanced Bible study.
Divine Healing	
Title	5-Minute Miracles: Praying for people with simplicity and power
Author	Linda Schubert
Publisher	Resurrection Press - P. O. Box 248, Williston Park, NY 11596, USA
Subject	A brief, simple guide for everyday healing prayer
Title	Christian Healing: A Practical and Comprehensive Guide

RESOURCES FOR GROWTH IN SPIRITUALITY

DR. E. ANTHONY ALLEN

MB, BS, MDiv, MRC Psych, DM (Psych)

Consultant Psychiatrist

Consultant in Whole Person Health and Church-based Health Ministries

Author	Mark Pearson
Publisher	Charisma House-600 Rinehart Rd. Lake Mary, FL 32746
Subject	Excellent manual for a ministry of divine healing. Includes liturgies and a good section on promoting physical and psychological health
Title	Beauty for Ashes: Receiving Emotional Healing
Author	Joyce Meyer
Publisher	Harison House, Tulsa: Oklahoma
Subject	You will learn: How to deal with the emotional pain of abuse. How to understand your responsibility to God for overcoming abuse. Why victims of abuse often suffer from other addictive behaviours. How to grab hold of God's unconditional love. The importance of God's timing in working through painful memories.
Title	Delivered or Healed
Author	John L. Sandford, Mark Sandford (contributor)
Publisher	Chosen Books Publishing Company - Divison of Baker Books House Company, 3985 Bradwater St, Fairfax, VA 22031-3702, USA
Subject	Discusses two vital areas where healthy spirituality can be compromised by evil, leading to psychological, physical, relational and social consequences. Good illustrations and practical guidelines.
Title	God can do it Again
Author	Karthryn Kuhlman
Publisher	Bridge Publishing Inc.-2500 Hamilton Boulevard. South Plainfield, NJ 07080, USA
Subject	First Person stories of several who have been cured of ills ranging from multiple sclerosis to spiritual emptiness. Each page radiates Miss Kuhlman's love of God and his love of all mankind. Discussion about Miss Kuhlman's ministry and about those who are not healed
Title	Healing **
Author	Francis MacNutt
Publisher	Bantam Books, Inc. - 666 Fifth Avenue, New York, NY 10103, USA
Subject	...a primer on divine healing that is an equal blend of practical, experiential data and sophisticated theological reflection. A well balanced introduction to a ministry of prayer.
Title	I Believe in Miracles
Author	Kathryn Kuhlman
Publisher	Bridge Publications- Co Fleming H. Revell Company Old Tappan, New Jersey,07675, USA

RESOURCES FOR GROWTH IN SPIRITUALITY

DR. E. ANTHONY ALLEN

MB, BS, MDiv, MRC Psych, DM (Psych)

Consultant Psychiatrist

Consultant in Whole Person Health and Church-based Health Ministries

Subject	First Person stories of several who have been cured of ills ranging from multiple sclerosis to spiritual emptiness. Each page radiates Miss Kuhlman's ministry. Also discusses about those who are not healed
Title	The Prayer that Heals: Praying for healing in the family*
Author	Francis MacNutt
Publisher	Hodder & Stoughton Ltd. - 338 Euston Rd., London NW1 3BH, UK
Subject	A simple guide for praying for the healing of family members and self
Group Sharing & Support	
Title	Becoming Whole Together: Whole person lifestyle and healing through support groups **
Author	E. Anthony Allen
Publisher	Whole Person Resource Centre - 8 Durham Ave., Kingston, Jamaica. (E-mail: tonlit@cwjamaica.com)
Subject	Brief but comprehensive guide on promoting wholeness and healing through small support groups
Title	Come Pray With Me: Prayer Group Guide *
Author	Camps Farthest Out, Inc.
Publisher	Assn. of Camps Farthest Out, Inc. - 475 Cleveland Ave. N., #321, St. Paul, MN 55104, USA
Subject	Suggestions to leaders and participants establishing prayer groups for healing and support
Title	Encyclopedia of Serendipity *
Author	L. Coleman
Publisher	Serendipity House - Box 1012, Littleton, CO 80160, USA
Subject	Guidelines plus structured activities for small caring groups
Title	LIFE Support Group Series (Course list: *Making Peace with Your Past, *Moving Beyond Your Past, *Faithful and True: Sexual Integrity in a Fallen World, *Family and Friends: Helping the Person You Care About in Recovery, *Quitting for God: A Christ-Centered Approach to Nicotine Dependency, *Search for Significance: LIFE Support Group Series Edition, *Untangling Relationships: A Christian Perspective on Codependency, *Breaking the Cycle of Hurtful Family Experiences, *Shelter from the Storm: Hope for Survivors of Sexual Abuse, *Conquering Codependency: A Christ-Centered 12-Step Process, *Conquering Chemical Dependency: A Christ-Centered 12-Step Process, *First Place: A Christ Centered Health Program, Member's Notebook.)
Author	Various Authors

RESOURCES FOR GROWTH IN SPIRITUALITY

DR. E. ANTHONY ALLEN

MB, BS, MDiv, MRC Psych, DM (Psych)

Consultant Psychiatrist

Consultant in Whole Person Health and Church-based Health Ministries

Publisher	LifeWay Press - 127 Ninth Avenue, North Nashville, TN 37234-0151, USA
Subject	The LIFE Support Groups Series is an educational system of discovery-group and support-group resources for providing Christian ministry and emotional support to individuals in the areas of social, emotional and physical need. These resources deal with such life issues as chemical dependency, codependency, abuse recovery, eating disorders, divorce recovery and recovery from life's losses. Persons using LIFE Support Group Series courses will be led through recovery to discipleship and ministry by using courses in the LIFE learning system. LIFE stands for Lay Institute for Equipping, an advanced approach for equipping Christians for discipleship, leadership and ministry. Interactive format for group study and individual work.
Title	LIFE Support Group Series: Life support courses
Author	Various Authors
Publisher	LifeWay Press - 127 Ninth Avenue, North Nashville, TN 37234-0151, USA
Subject	For further information see under Counselling: Using Lay Counsellors (above)
Title	Self-help and Support Groups: A handbook for practitioners
Author	Linda Farris Kurtz
Publisher	Sage Publications - 2455 Teller Road, Thousand Oaks, CA 91320, USA
Subject	The concepts, theories, and research involving self-help and support groups...Practical advice and direction to professionals for working with these groups while analyzing self-help/support organizations on three different levels - in terms of the groups themselves, the groups' members, and the practitioner's interaction with the groups. Exercises and discussion questions.
Title	United Prayer Tower Prayer Resource Guide *
Author	United Prayer Tower
Publisher	United Prayer Tower - 1260 W. Larpenteur Ave. # 118, St. Paul, MN 55113-6334, USA
Subject	Very useful material for starting a general intercessory ministry and group. Material can be reproduced for staff.
Prayer	
Title	A Guide to Prayer For All God's People
Author	Ruben P. Job
Publisher	The Upper Room - 1908 Grand Avenue, P.O Box 189, Nashville, Tennessee 37202, USA
Subject	Contains excellent materials for daily prayer and meditation and for monthly private retreats. The daily helps are clustered under weekly themes which basically follow the themes established by the new Common Lectionary. Daily office includes innovation, psalm, scripture reading, inspirational readings for reflection and a hymn. Encourages the use of a journal and spiritual direction. Excellent aid to contemplative prayer.

RESOURCES FOR GROWTH IN SPIRITUALITY

DR. E. ANTHONY ALLEN

MB, BS, MDiv, MRC Psych, DM (Psych)

Consultant Psychiatrist

Consultant in Whole Person Health and Church-based Health Ministries

Title	A Guide to Prayer For Ministers and Other Servants
Author	Ruben P. Job and Norman Shawchuck
Publisher	The Upper Room - 1908 Grand Avenue, P.O Box 189, Nashville, Tennessee 37202, USA
Subject	Similar to the above. Written for clergy and others in special ministries.
Title	Contemplative Prayer
Author	Thomas Merton
Publisher	Image Books Edition - 203 Leland Street, Austin, Texas 78704, USA
Subject	A classic; simple, profound, uses scripture and writers from the Contemplative tradition. Summarizes main themes.
Title	God's Chosen Fast
Author	Arthur Wallis
Publisher	Christian Literature Crusade - 1440 Mackay Street, Montreal, Quebec, Canada
Subject	A spiritual and practical guide including health benefits and a guide to healthy eating.
Title	Intimacy With God
Author	Thomas Keating
Publisher	The Crossroad Publishing Company - 370 Lexington Avenue, New York, NY 10017, USA
Subject	Teaches spiritual exercises which bring us "into the presence of God and this fosters the attitudes of listening and receptivity". " A preparation for contemplation by reducing the obstacles caused by the hyperactivity of our minds and of our lives."
Title	Miracle Hour - A Method of Prayer That Will Change Your Life **
Author	Linda Schubert
Publisher	Miracles of the Heart Ministries - P.O. Box 4034, Santa Clara, CA 95056, USA
Subject	Powerful aid to struggles with prayer. Simple format dividing a daily hour into 5 minute segments including praise, surrender, forgiveness, waiting, spiritual warfare and release of the Holy Spirit.
Title	Sadhana : A Way To God- Christian Exercises In Eastern Form
Author	Anthony de Mello
Publisher	Doubleday : a division of Bantam Dell Publishing Group Inc. - 1540 Broadway, New York, New York 10036, USA
Subject	In forty-seven exercises that teach such things as awareness of body sensations, stillness, healing of hurtful memories, and consciousness of self and world. The essential key, he notes, is to journey beyond mere thought-forms and discover satisfying new depths in prayer from the heart. An aid to inner peace that brings the whole person to prayer - body and soul, heart

RESOURCES FOR GROWTH IN SPIRITUALITY

DR. E. ANTHONY ALLEN

MB, BS, MDiv, MRC Psych, DM (Psych)

Consultant Psychiatrist

Consultant in Whole Person Health and Church-based Health Ministries

Title	The Joy of Listening to God
Author	Joyce Huggett
Publisher	Intervarsity Press - 430 Plaza Dr., Westmont, IL 60559, USA
Subject	A practical guide to ways to pray, silent meditation & listening to God
Title	The New Guideposts Treasury of Faith
Author	The Editors
Publisher	Guideposts Associates, Inc., 757 Third Avenue, New York 10017, USA
Subject	A treasury of stories of twentieth-century men and women who have lived by faith and discovered its tremendous force. Day to day illustrations of various aspects of faith through
Title	The Spiritual Warrior's Prayer Guide **
Author	Quin Sherrer & Ruthanne Garlock
Publisher	Servant Publications - PO Box 8617, Ann Arbor, MI 48107, USA
Subject	A guide to "applying biblical promises to every area of your life, whether it's illness, confusion, financial trouble, burn-out, depression, concern for wayward loved ones, marital strife, temptation, or dissension in your church or community." Hundreds of verses topically organised. Very useful in prayer.
Title	United Prayer Tower Prayer Resource Guide *
Author	United Prayer Tower
Publisher	United Prayer Tower - 1260 W. Larpenteur Ave. # 118, St. Paul, MN 55113-6334, USA
Subject	Very useful material for starting a general intercessory ministry and group. Material can be reproduced for staff.
Spiritual Growth & Practical Living	
Title	Compact Guide to the Christian Life *
Author	KC Hinkley (ed.)
Publisher	Navpress - PO Box 6000, Colorado Springs, CO 80934, USA
Subject	Highly relevant, concise explanations of the most often asked questions regarding the Christian faith. It will give you immediate access to information otherwise buried in lengthy commentaries and books. Good sourcebook for Christian beliefs, Biblical doctrine and applications to everyday life.
Title	Practical Christianity *
Author	
Publisher	Tyndale House Publishers, Weaton, IL

RESOURCES FOR GROWTH IN SPIRITUALITY

DR. E. ANTHONY ALLEN

MB, BS, MDiv, MRC Psych, DM (Psych)

Consultant Psychiatrist

Consultant in Whole Person Health and Church-based Health Ministries

Subject	Practical Christianity is about being a Christian. In it, a hundred noted Christian writers and speakers talk about all aspects of Christian living - belief and behaviour, discipline and emotions, body and soul, church and state, friendship and evangelism.
Title	The Billy Graham Christian Worker's Handbook: A Topical Guide with Biblical Answers to the Urgent Concerns of Our Day
Author	Billy Graham
Publisher	World Wide Publications - 1503 Hennepin Avenue, Minneapolis, MN 55403, USA
Subject	A valuable resource for practical encouragement and for using the Bible to share Christ with a needy world. A guide to relationship, spiritual, psychological and ethical issues.
Title	The Christian's Secret of a Happy Life for Today *
Author	Hannah Whithall Smith (paraphrased by Catherine Jackson)
Publisher	Fleming H. Revell Company.
Subject	An excellent combination of insight, empathy and scripture applied to the various struggles of the Christian life. Also stresses the joys of various aspects of Christian living. A classic since 1970 that lives up to its title. Practical illustrations.
Title	The Helper*
Author	Catherine Marshall
Publisher	World Books - 4800 West Wasco Dr., Wasco TX 76710, USA
Subject	A presentation of the nature and practical work of the Holy Spirit as a powerful presence in daily life. Forty devotional helps supplemented with true stories and special prayers.
Title	Promises for Men from the New International Version
Author	
Publisher	Inspirio
Subject	You'll find topically arranged Scriptures on subjects such as ambition, decisions, purpose, and rest. Together with prayer, you will begin to understand how vast God's promises really are, covering virtually every area of daily life.
Title	Promises for Women from the New International Version
Author	
Publisher	Inspirio
Subject	Specifically chosen for women, over 1,500 Scripture promises taken from the New International Version Bible are sure to inspire and guide with 130 topics such as patience, prayer, and success.

RESOURCES FOR GROWTH IN SPIRITUALITY

DR. E. ANTHONY ALLEN

MB, BS, MDiv, MRC Psych, DM (Psych)

Consultant Psychiatrist

Consultant in Whole Person Health and Church-based Health Ministries

Title	The Song Of The Bird
Author	Anthony de Mello
Publisher	Doubleday : a division of Bantam Dell Publishing Group Inc. - 1540 Broadway, New York, New York 10036, USA
Subject	...uses the age-old yet popular and always effective medium of the story to illustrate profound realities that bring us into touch with the problems and concerns of everyday life as well as our spiritual quest.
Title	The Spirit of Christ
Author	Andrew Murray
Publisher	Bethany House Publishers - Minneapolis, MN 55438, USA
Subject	Deep insights on the Spirit in all aspects of Christian growth and maturity.