



# PREPARE THE WAY

Lent Resource Guide



Wilshire  
BAPTIST CHURCH

## Lenten Resource Guide on Spiritual Practices

*Lent invites us into the wilderness—a season of reflection, renewal, and deepening trust in God’s presence. This guide, compiled by Wilshire ministers and staff, offers additional readings and resources to accompany you on the journey, helping you explore spiritual practices that root you in the sacred and prepare the way for resurrection.*

The title of each resource below contains a hyperlink. Click on that title and open the link for more information.

### Reading List

#### [Soulful Spirituality](#)

*David Benner invites us to embrace a spirituality that is both deeply rooted and fully human, integrating faith with self-awareness and emotional depth.*

#### [A Rhythm of Prayer](#)

*Edited by Sarah Bessey, this collection of prayers from diverse voices offers words of lament, hope, and resistance for those longing for a more just and loving world.*

#### [Centering Prayer and Inner Awakening](#)

*Cynthia Bourgeault explores the ancient practice of centering prayer, teaching how silence and surrender can lead to spiritual transformation.*

#### [Just Spirituality](#)

*Mae Elise Cannon highlights the intersection of faith and justice, sharing how spiritual practices fuel the work of social change through the stories of faithful activists.*

#### [Contemplative Knitting](#)

*Julie Cicora explores how the rhythmic act of knitting can become a spiritual practice, weaving together mindfulness, prayer, and community to create a deeper connection with God and others.*

#### [Chasing Francis: A Pilgrim’s Tale](#)

*Ian Morgan Cron blends fiction and history in the story of a former evangelical pastor who embarks on a pilgrimage to rediscover his faith through the life and legacy of St. Francis of Assisi.*

#### [Celebration of Discipline](#)

*Richard Foster introduces twelve classic spiritual disciplines—such as prayer, fasting, and simplicity—as pathways to a deeper relationship with God.*

### Queering Contemplation

*Cassidy Hall invites readers to explore the contemplative tradition through a queer lens, showing how questioning and reimagining spiritual practices can create more inclusive, authentic spaces for deeper connection and liberation.*

### Crisis Contemplation: Healing the Wounded Village

*Barbara A. Holmes explores how communal lament, contemplation, and spiritual practices can foster resilience and healing in times of crisis.*

### Finding Our Way Again: The Return of the Ancient Practices

*Brian McLaren explores the ancient spiritual disciplines that have shaped faith for centuries, from fixed-hour prayer to Sabbath observance, inviting readers to rediscover these practices as a path to transformation and deeper connection with God.*

### The Way of the Heart

*Henri Nouwen draws from the wisdom of the desert fathers and mothers, calling us to solitude, silence, and prayer as essential spiritual disciplines.*

### Black Liturgies

*Cole Arthur Riley weaves prayers, reflections, and meditations that center Black dignity, lament, and liberation, offering a deeply embodied spiritual experience.*

### Naked Now

*Richard Rohr invites readers to move beyond dualistic thinking, offering mystical insights from Jesus, Paul, and Christian contemplatives to help embrace the present moment, let go of ego, and experience deeper spiritual unity.*

### An Altar in the World

*Barbara Brown Taylor helps us recognize the sacred in everyday life, offering practical ways to encounter God beyond the walls of the church.*

### The Divine Hours

*Phyllis Tickle revives the ancient practice of fixed-hour prayer, offering a modern, accessible guide to structured daily prayer rooted in monastic tradition.*

### Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words

*David Whyte offers poetic reflections on ordinary words, revealing their hidden depths and the ways they shape our inner lives.*

## **For Families and Children**

### [Every Season Sacred](#)

*Kayla Craig provides a yearlong collection of prayers, reflections, and spiritual practices designed to help families cultivate faith in the ordinary moments of life.*

### [Sabbath in the Suburbs: A Family's Experiment with Holy Time](#)

*MaryAnn McKibben Dana shares her family's journey of reclaiming Sabbath in a busy world, offering humor, insight, and practical wisdom for those longing to slow down and rest.*

### [Faithful Families: Creating Sacred Moments at Home](#)

*Traci Smith offers simple, practical ideas for integrating faith into everyday family life, helping parents create meaningful spiritual practices with their children.*

### [Spiritual Disciplines for Children: A Guide to a Deeper Spiritual Life for You and Your Children](#)

*Based on Richard Foster's classic "Celebration of Discipline," Vernie Schorr Love adapts spiritual disciplines for children, offering parents and caregivers practical ways to nurture their children's faith through prayer, simplicity, service, and more.*

### [This Is What I Pray Today: Divine Hours Prayers for Children](#)

*Phyllis Tickle offers psalm-based prayers for each day of the week, providing simple, comforting prayers for morning, rest time, and bedtime, introducing children to the rhythm of prayer in a gentle, accessible way.*

## **Mobile Phone Apps**

[Second Breath App](#)

[Ritual App](#)

[Pray As You Go](#)

## **Additional Education Resources**

[Instructions for Centering Prayer](#) | [Instructions for Lectio Divina](#) | [Instructions for Visio Divina](#)

[Wisdom Waypoints](#)

[Center for Action and Contemplation](#)