

Trinity Group Resources

The following resources are excellent tools to move groups beyond mere discussion and into praxis (action w/ reflection) together.

Spiritual Disciplines Handbook

From the back cover: “In the *Spiritual Disciplines Handbook* Adele Calhoun gives us directions for our journey toward intimacy with Christ. While the word discipline may make us want to run and hide, the author shows how desires and discipline work together to lead us to the transformation we’re longing for—the transformation only Christ can bring. Instead of just giving information about spiritual disciplines, this *Handbook* is full of practical, accessible guidance that helps you actually *do* them.”

Free: Spending Your Time and Money on What Matters Most

From the back cover: “In *Free* you’ll hear from Mark and Lisa Scandrette about how they live debt-free in one of the most expensive cities in the United States—and how they’ve enjoyed good relationships, good adventures and good food along the way. Packed with helpful exercises for getting a handle on your money story, and designed for healing and hopeful conversations with your friends, *Free* gives you a path to financial freedom that awakens your heart and energizes your soul.”

The Road Back to You: An Enneagram Journey to Self-Discovery

From the back cover: “In *The Road Back to You* Ian Morgan Cron and Suzanne Stabile forge a unique approach—a practical, comprehensive way of accessing Enneagram wisdom and exploring its connections with Christian spirituality for a deeper knowledge of ourselves, compassion for others, and love for God. Witty and filled with stories, this book allows you to peek inside each of the nine Enneagram types, keeping you turning the pages long after you have read the chapter about your own number. Not only will you learn more about yourself, but you will also start to see the world through other people’s eyes, understanding how and why people think, feel, and act the way they do. Beginning with changes you can start making today, the wisdom of the Enneagram can help take you further along into who you really are—leading you into places of spiritual discovery you would never have found on your own, and paving the way to the wiser, more compassionate person you want to become.”

Life/Faith Narratives

It is also recommended that groups carve out a season to craft and share their life and faith narratives with one another. As we share our stories with one another, we feel a greater sense of connection with the others in our group, including increased empathy for others’ suffering. Additionally, crafting our story helps us to make more sense of our story and gives us a heightened sense of God’s presence and redemption in it. A packet that includes guidance for groups and group facilitators, as well as 3 approaches to crafting and sharing stories is available upon request: ryan@indytrinity.org

Group Spiritual Direction

Group spiritual direction is when a “small group of people meet together to provide spiritual direction for each other. Members of the group are given the opportunity, one at a time, to be the directee, and the group responds prayerfully to whatever the directee chooses to present.”

From *Seeking God Together* by Alice Fryling

Alice Fryling’s book, *Seeking God Together*, is a recommended resource for those who wish to venture into Group Spiritual Direction. Additionally, a 3-page handout is available for those who wish to know more. Contact ryan@indytrinity.org