



Walk to  
**Emmaus**<sup>®</sup>  
THE UPPER ROOM<sup>®</sup>

## Walk to Emmaus Suggested Reading

- 1. Priority**  
The Christ-Centered Woman  
The Cost of Living  
Living Your Heart's Desire
- 2. Preventive Grace**  
Hungering for God: Selected Writings of Augustine  
(Upper Room<sup>®</sup> Spiritual Classics Series I)  
Yearning for God
- 3. Priesthood of All Believers**  
Discovering Community  
The Workbook of Intercessory Prayer  
Seeking a Purer Christian Life:  
The Desert Mothers and Fathers  
(Upper Room<sup>®</sup> Spiritual Classics Series III)
- 4. Justifying Grace**  
A Longing for Holiness:  
Selected Writings of John Wesley  
(Upper Room<sup>®</sup> Spiritual Classics Series I)  
A Seeker's Guide to the Christian Faith  
The Workbook on Becoming Alive in Christ
- 5. Life of Piety**  
Creating a Life with God  
Disciplines  
Journeying Through the Days  
Openings
- 6. Grow through Study**  
Reading with Deeper Eyes  
Shaped by the Word
- 7. Means of Grace**  
Devotional Life in the Wesleyan Tradition  
Remember Who You Are  
Sunday Dinner
- 8. Christian Action**  
A Mile in My Shoes  
Climbing the Sycamore Tree  
The Workbook on the Christian Walk
- 9. Obstacles to Grace**  
Breaking and Mending  
Forgiving Your Family  
Walking Through the Waters  
When the World Breaks Your Heart
- 10. Discipleship**  
Praying in the Wesleyan Spirit  
Responding to God  
Traveling the Prayer Paths of Jesus
- 11. Changing Our World**  
Do What You Have the Power to Do  
Forgiveness, the Passionate Journey  
To Walk in Integrity
- 12. Sanctifying Grace**  
As If the Heart Mattered  
Changed from Glory into Glory  
Wrestling with Grace
- 13. Body of Christ**  
Praying Together  
Rediscovering Our Spiritual Gifts
- 14. Perseverance**  
Enter by the Gate  
10 Gospel Promises for Later Life
- 15. Fourth Day**  
Companions in Christ (series)  
Sabbath Time  
Yours Are the Hands of Christ

**UPPER**<sup>®</sup>  
**ROOM**  
**MINISTRIES**

Emmaus® Talks and Book Titles

*L. Prioriy*

### The Christ-Centered Woman

Finding Balance in a World of Extremes by Kimberly Dunnam Reisman  
By unmasking common traps women fall into, Dunnam Reisman helps women identify their true selves as disciples and prioritize their callings.

#913 \$12.00

### The Cost of Living

A Personal Journey into John's Gospel by Margaret Cundiff

This insightful book is a study of John 11-21 and offers an invitation for people who are caught up with contemporary problems to turn and look at Jesus and walk the road with him to death and to life.

#960 \$12.00

### Living Your Heart's Desire

God's Call and Your Vocation by Gregory S. Clapper  
Clapper goes beyond the usual career counseling formula in *Living Your Heart's Desire*. He explains why it's more helpful to understand the theology behind work, calling, and human freedom. You'll discover a variety of visions of what it means for you to lead a life of Christian faithfulness in all realms of existence.

#9805 \$12.00

2. *Prevention Grace*  
FROM UPPER ROOM® SPIRITUAL CLASSICS, SERIES I

### Hungering for God

Selected Writings of Augustine  
*Hungering for God* contains excerpts from Confessions and other important writings of Augustine, the fourth-century North African spiritual leader who had a vast impact on the Christian church.

#830 \$5.00

### Yearning for God

Reflections of Faithful Lives by Margaret Ann Crain and Jack Seymour  
*Yearning for God* explores the stories of more than 40 faithful individuals, offering an excellent Group Discussion Guide with thought-provoking questions. Through the authors' sensitive work, readers will identify with the yearning for meaning and justice and other desires common to all people.

#991 \$12.00

### 3. Priesthood of All Believers

#### Discovering Community

A Meditation on Community in Christ by Stephen V. Doughty  
This book can lead to a renewed sense of personal calling and a revitalized commitment to both the Emmaus community and our local congregations.

#870 \$12.00

### The Workbook of Intercessory Prayer

by Maxie Dunnam  
This seven-week study leads participants to experience the impact they can make on other people's lives, while strengthening their own faith.

#382 \$10.00

FROM UPPER ROOM® SPIRITUAL CLASSICS, SERIES III

### Seeking a Purer Christian Life

The Desert Mothers and Fathers  
These sayings about prayer, spiritual disciplines, and living in community spread throughout the Christian world and became the foundation of monasticism.

#902 \$5.00

### 4. Justifying Grace

FROM UPPER ROOM® SPIRITUAL CLASSICS, SERIES I

#### A Longing for Holiness

Selected Writings of John Wesley  
Preacher, writer, and founder of Methodism, Wesley saw grace as fundamental to the character of God and as the transforming power throughout a life of faith.

#827 \$5.00

### A Seeker's Guide to the Christian Faith

by Ben Campbell Johnson  
Warmly, wisely, gently, Johnson leads readers through the basics of the Christian faith — information beneficial for both new and long-time believers. *A Seeker's Guide to Christian Faith* is an introduction to habits and practices Christians have agreed upon for millennia, including prayer, scripture reading, meditation, outreach, and listening to God.

#907 \$2.00

#908 \$20.00, Church Pack: 10 copies plus a free Leader's Guide

### The Workbook on Becoming Alive in Christ

by Maxie Dunnam  
This workbook shows the indwelling Christ as the shaping power of our lives as Christians, as we learn to say "yes" to Christ in every way.

#542 \$10.00

### 5. Life of Piety

#### Creating a Life with God

The Call of Ancient Prayer Practices by Daniel Wolpert  
Prayer illuminates our minds, enabling the love of God to permeate all that we do. The purpose of this book is to nourish a deeper, more satisfying prayer life. Wolpert explains 12 prayer practices and introduces you to historical figures who best illuminate each practice.

#9855 \$12.00

### Disciplines 2006

*Disciplines* is an annual treasure for Christians who enjoy the practice of daily devotion. A collection of writings from 52 renowned thinkers and writers, *Disciplines* engages the heart, mind, and soul with a variety of perspectives on daily Bible readings selected from the Revised Common Lectionary.

#9899 \$11.00, Standard Edition

#9890 \$14.00, Enlarged Print Edition

### Journey Through the Days 2006

*Journeying Through the Days* is an annual classic for Christians everywhere! A calendar for daily reflection, *Journeying* offers captivating nature photography alongside thought-provoking quotations from contemporary and classical sources that reveal God in unexpected ways. This book is a wonderful companion to use alongside *Disciplines*.

#9803 \$15.00

### Openings

A Daybook of Saints, Psalms, and Prayer by Larry James Peacock  
Using the book of Psalms as its guide, *Openings* is a prayer book for every day of the year for people who don't normally think about using a prayer book.

#9850 \$17.00

### 6. Grow Through Study

#### Reading with Deeper Eyes

The Love of Literature and the Life of Faith by William H. Willimon  
Willimon opens readers to God's revelation through ten classic works of literature and provides questions to help us examine our own life with God.

#847 \$12.00

### Shaped by the Word

The Power of Scripture in Spiritual Formation by M. Robert Mulholland Jr.  
This book explores the role that scripture plays in spiritual formation. Mulholland examines obstacles often encountered in spiritual reading and introduces a new approach to reading that will enliven the scriptures.

#936 \$12.00

### 7. Means of Grace

**Devotional Life in the Wesleyan Tradition: A Workbook**  
by Steve Harper

The Wesleyan tradition sees prayer, scripture, the Lord's Supper, fasting, and Christian community as a means by which we receive God's grace.

#740 \$10.00

### Remember Who You Are

Baptism, a Model for Christian Life by William H. Willimon  
Willimon helps us understand the sacrament of baptism as a means of grace and the significance of that gift in our spiritual journey.

#399 \$12.00

### Sunday Dinner

The Lord's Supper and the Christian Life by William H. Willimon  
To lead us to a deeper understanding of the Lord's supper, *Sunday Dinner* relates traditional concepts of the Eucharist and reveals new dimensions of this sacrament, which is so vital to our life in Christ.

#429 \$12.00

### 8. Christian Action

#### A Mile in My Shoes

Cultivating Compassion by Trevor Hudson  
Helping to dispel the "pilgrimage myth," Hudson helps us discover the possibilities of being on a pilgrimage in our own locales, even in our comfortable chairs at home. As he carefully describes an 8-day Pilgrimage of Pain and Hope to Soweto from his neighboring middle-class church in Johannesburg, Hudson enables us to benefit richly from his experience and apply it to our own personal and community circumstances.

#9815 \$13.00

### Climbing the Sycamore Tree

A Study on Choice and Simplicity by Ann Hagmann  
Designed as a six-week study for individuals or groups, *Climbing the Sycamore Tree* is a serious study of what it means to be Christ-like in a materialistic culture.

#946 \$12.00

### The Workbook on the Christian Walk

by Maxie Dunnam  
In this seven-week program, participants study the importance of Christian action as they strive to walk faithfully with Christ.

#640 \$11.00

### 9. Obstacles to Grace

#### Breaking and Mending

Divorce and God's Grace by Mary Lou Redding  
In struggling to make sense of her own painful divorce, Redding looked to the Bible where she found guidance and hope. Her intimate book weaves her personal story with those from scripture to help other Christians who are facing divorce to find God's grace in the midst of pain.

#855 \$12.00

### Forgiving Your Family

A Journey to Healing by Kathleen Fischer  
Forgiving is one of the hardest tasks that families face. Each chapter of *Forgiving Your Family* contains real-life stories, practical strategies, and encouragement to help family members move toward forgiveness. Better communication (while critical) isn't enough, according to Fischer: Forgiveness takes faith and prayer.

#9802 \$12.00

### Walking Through the Waters

Biblical Reflections for Families of Cancer Patients by Nancy Regensburger  
This inspiring book uses scripture to offer spiritual guidance to families and friends living with cancer and to help them remain attentive to God during times of crisis.

#934 \$10.00

### When the World Breaks Your Heart

Spiritual Ways of Living with Tragedy by Gregory S. Clapper  
From his own ministry experience at the scene of an airline crash, Clapper offers hope for living with the tragedies that inevitably come to us all.

#842 \$10.00

### 10. Discipleship

#### Praying in the Wesleyan Spirit

52 Prayers for Today by Paul Chilcote  
Author Paul Chilcote has transposed 52 of Wesley's standard sermons into flowing devotional prayers that are written in contemporary language, yet faithful to Wesley's message.

#950 \$12.00

### Responding to God

A Guide to Daily Prayer by Martha Graybeal Rowlett  
Responding to God offers us a step-by-step guide to understanding prayer as a response to God's grace and as a way of life. It contains a suggested model for daily prayer and material for 10 weeks of study on the various facets of prayer

#783 \$10.00

#926 \$8.00, Leader's Guide

### Traveling the Prayer Paths of Jesus

by John Indermark  
*Traveling the Prayer Paths of Jesus* helps us to walk though the prayer paths of Jesus and gain insights into the prayer life of Jesus. We see with great clarity that Jesus prayed at all times and in all places, learning to follow that example in our own lives.

#9857 \$13.00

### 11. Changing Our World

#### Do What You Have the Power to Do

A Study of Six New Testament Women by Helen Bruch Pearson  
Pearson brings us face to face with the empowering stories of New Testament women, clarifying our vision of Jesus in our own lives.

#643 \$10.00

### Forgiveness, The Passionate Journey

Nine Steps of Forgiving through Jesus' Beatitudes by Flora Slosson-Wuellner  
Through her study of the Beatitudes Wuellner helps readers discover an open door to new, healed ways of relating to God, to others, to themselves, to the communities around them, and to generations behind them.

#945 \$11.00

### To Walk in Integrity

Spiritual Leadership in Times of Crisis by Stephen Doughty  
Our troubled world needs spiritual leadership now more than ever. *To Walk in Integrity* examines the biblical understanding of integrity, identifying nine key qualities. By examining patterns of daily living and choices, readers will be encouraged to follow the practical ingredients for a life of integrity.

#9885 \$15.00

### 12. Sanctifying Grace

#### As If the Heart Mattered

AWesleyan Spirituality by Gregory S. Clapper  
Reaching beyond the Wesleyan tradition, Clapper unfolds a vision of the Christian journey by addressing the themes of repentance, faith, and holiness.

#820 \$10.00

### Changed from Glory into Glory

Wesleyan Prayers for Transformation by Paul Wesley Chilcote  
*Changed from Glory into Glory* is an eight-week Lenten study offering meditation and contemplation that can then be translated into action in everyday life. Each chapter includes a scripture passage that introduces the central theme for reflection, a Charles Wesley hymn (most unfamiliar, but some well-known), a work of 4-color art, and a concluding meditation/prayer.

#9814 \$15.00

### Wrestling with Grace

A Spirituality for the Rough Edges of Daily Life by Robert Corin Morris  
*Wrestling with Grace* is a how-to manual about loving (and accepting) yourself, others, the world around you, and God — especially on the Tuesday afternoons of life, when the going gets rough. Morris nudges us toward new ways of looking at our own behavior and state of mind, showing us how to let God's grace in our daily life. Our frustrations and fears actually can be a doorway to grace.

#985 \$15.00

### 13. Body of Christ

#### Praying Together

Forming Prayer Ministries in Your Congregation by Martha Graybeal Rowlett  
*Praying Together* looks at the most popular and creative ways in which people are praying together in local churches today. Rowlett describes 22 prayer models with practical plans for implementation and other tips for those looking to develop inspirational prayer fellowship.

#979 \$13.00

### Rediscovering Our Spiritual Gifts

Building Up the Body of Christ Through the Gifts of the Spirit by Charles V. Bryant  
Bryant offers an objective and positive approach to discovering what spiritual gifts you bring to the body of Christ.

#633 \$12.00

### 14. Perseverance

#### Enter by the Gate

Jesus' 7 Guidelines When Making Hard Choices by Flora Slosson Wuellner  
Using the story of Jesus the Good Shepherd in John 10, Wuellner explains how to listen for and learn to discern God's way for your life. Along with exploring the rich meanings in the gospel story of the sheep and their shepherd, she suggests meditations to help you find clarity as you make difficult decisions.

#9883 \$12.00

### 10 Gospel Promises for Later Life

by Jane Marie Thibault  
Each chapter of *10 Gospel Promises for Later Life* addresses a fear about aging and faith and gives an example of its negative effect on a person's daily life. Next you'll find a response, the promise of the gospel, the assurance of God's constant love that offers hope in all circumstances.

#9801 \$12.00

### 15. Fourth Day

#### Companions in Christ

Participant's Guide  
A 28-week small-group study that builds spiritual practices within congregations.

#914 \$20.00

#915 \$17.00, Leader's Guide

### Sabbath Time (Revised Edition)

by Tilden Edwards  
*Sabbath Time* describes rest as an integral part of the Christian life, which provides an alternative to society's rhythm of driven achievement and narrow escape. It offers a revealing vision of ways to more faithfully maintain the balance among play, rest, work, community, and ministry.

#9862 \$12.00

### Yours Are the Hands of Christ

The Practice of Faith by James C. Howell  
Howell shows us how to actively express our faith in daily life and make our commitment to Christ evident in the world.

#867 \$12.00

### Emmaus Library Series

#### Sponsorship

by Richard and Janine Gilmore  
Guides individuals through the process of sponsoring fellow pilgrims on the Walk to Emmaus.

#873 \$3.00

### Spiritual Directors

by Kay Gray  
In this booklet, Gray offers helpful advice for Emmaus spiritual directors, covering such topics as the role of spiritual directors, the qualifications for selection, and responsibilities before, during, and after the weekend.

#886 \$3.00

### Spiritual Growth Through Team Experience

by Joanne Bultemeier  
Drawing on her experiences as a team member, Bultemeier covers the various aspects of being a part of the Emmaus team.

#885 \$3.00

### Music Directory

by Sandy Stickney  
Provides instructions to music leaders following the Emmaus and Chrysalis models as well as practical insights on topics ranging from ego to copyright requirements.

#911 \$3.00

### The Board of Directors

by Richard A. Gilmore  
Designed especially for members of the board of directors, this booklet explains the responsibilities of the board members, duties of the board committees, possible committee assignments, and much more.

#883 \$3.00

### What Is Emmaus?

by Stephen D. Bryant  
This booklet is designed for persons interested in participating in the Walk to Emmaus or learning more about the program, answering the most frequently asked questions about Emmaus.

#881 \$3.00

#E40 \$20.00, Walk to Emmaus Introductory Video

### Walking Side by Side

Devotions for Pilgrims by Joanne Bultemeier and Cherie Jones  
This book of 45 meditations based on the weekend talks offers an excellent way to reconsider the impact of the Emmaus weekend and to continue the spiritual disciplines of daily prayer and meditation.

#880 \$3.00

### Coming Down from the Mountain

Returning to Your Congregation by Lawrence Martin  
Martin guides new pilgrims on how to "come down from the spiritual mountaintop experience and work in the valleys" of everyday congregational life.

#882 \$3.00

### The Group Reunion

by Stephen D. Bryant  
Designed for persons who have participated in the Walk to Emmaus, this booklet contains guidance on the spiritual purpose and practice of the group reunion.

#884 \$3.00

### An Early History of the Walk to Emmaus

by Bob Wood  
Wood writes about the first days of The Walk to Emmaus, giving a very personal account of the movement's beginnings.

#962 \$3.00

### Introductory Video to The Walk to Emmaus

This 14-minute video offers touching insight into this lifechanging program.

#E40 \$20.00

### Any questions? Contact Upper Room Ministries® at 1-800-972-0433.

### Visit: [upperroom.org/bookstore](http://upperroom.org/bookstore) to find out more on these and other titles.

