



Soul Tending: Life Forming Practices for Older Youth and Young Adults

Beverly Burton, Drew Dyson

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Soul Tending expands on the ideas Kenda Creasy Dean and Ron Foster put forth in *The Godbearing Life: The Art of Soul Tending for Youth Ministry* (published by Upper Room) and offers a practical way for senior high youth and young adults to study spiritual disciplines while strengthening relationships among participants.

The study includes lessons on inward, outward, and corporate disciplines. The goal is that Christ would be formed in each participant. Youth and adults co-journ together as they examine classical and contemporary disciplines, supporting one another, and intentionally seeking encounters with God.

Key Features:

- Easy-to-use format allows group members to chart their own course through the book
- 43 sessions give participants plenty of material to choose from for a spiritual life retreat, an occasional session, a seasonal study for Lent or Advent, a short-term option, or a weekly covenant group
- The role of the leader/facilitator can change each time the group meets
- The teaching component can be used as a large group session, or as the basis for discussion in the small group or spiritual life retreat

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