

*Invitation to a Journey: A Road Map for Spiritual Formation*  
Revised and Expanded  
**Available Spring 2016**  
\$17, 208 pages, paperback  
978-0-8308-4617-7

*M. Robert Mulholland Jr. has guided tens of thousands of readers into spiritual formation practices for more than twenty years through Invitation to a Journey. Ruth Haley Barton, founding president of the Transforming Center, has now added an introduction, discussion questions and sharing opportunities to this respected resource. She writes, "I am praying that these additions will make this beloved work even more impactful as a tool for transformation."*

## Ruth Haley Barton on M. Robert Mulholland Jr. and an Even Better *Invitation to a Journey*

When I need to choose one book to provide the biblical and theological underpinnings for those seeking a more intentional journey of spiritual transformation, this is it. There are several things that make it such a seminal work. First, his definition of spiritual formation is so clear, compelling and biblical that it is impossible to dismiss it, even for those who tend to be suspicious. Second, his systematic, brick-on-brick approach to laying a clear, biblical and theological foundation gives us all a solid place to stand as we consider how to engage more deeply in our own journey toward wholeness in Christ and how we might help others. And third, his approach to describing the process of spiritual formation is highly integrative and therefore, quite comprehensive.

He integrates personal spiritual disciplines with the communal aspects of our faith. He brings together psychology, spirituality and an understanding of the human personality in fruitful synergy.

He is precise in his ability to talk about sin, but always in the context of grace eloquently described.

He insists that we must live in the creative tension between the more personal aspects of our spiritual journey and the world where we live it out – rather than allowing us to give in to one side of the polarity or the other.

At every turn he demonstrates that the process of being formed in the image of Christ is always a means of opening to God's grace in our own lives *and* it is always for the sake of others. And he does all this in a relatively slim volume, which is no small thing!

### **A Tool for Transformation**

Bob continues to be my teacher, and our teacher, in the Transforming Center ([transformingcenter.org](http://transformingcenter.org)) through his writings and as faculty in our Transforming Community experience. His teachings on spiritual formation as *the process of being formed in the image of Christ for the sake of others* continue to resonate, inform and challenge us on every level. He is a theologian. His creation gifts to the body of Christ include a sharp mind, an ability to think and communicate precisely and incisively, along with years of study as a theologian. These gifts are powerfully in evidence in *Invitation to a Journey*. What a great privilege it has been to work with material I have been steeped in for so long to extend its impact as a tool for transformation!

In this new and expanded edition, you will find *spiritual practices* that are intended to be means of God's grace – concrete ways of opening to God's transforming work in your life in

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**TRANSFORMING CENTER**  
Strengthening the Soul of Your Leadership

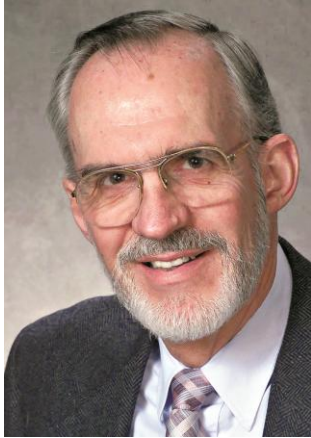
Based on the vision of the work of the Transforming Center, **Transforming Resources™** are designed to strengthen the souls of pastors, Christian leaders, and the congregations and organizations they serve. Beyond mere information, each book, article and curriculum product is designed to provide step-by-step guidance for engaging the practices, experiences and relationships that foster greater intimacy with God and deeper levels of spiritual transformation.

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very personal ways. You will also find *discussion questions* and *sharing opportunities* designed to create space for you to be a means of grace to one another in the body of Christ. To fully engage the content of this book, you will need time, both for your personal practice and also in your group. Mulholland's work is so packed with depth and meaning, you may not be able to fully process it by trying to cover one chapter per meeting. You might need to embark on this journey in a more open-ended way, determined to allow as much time as needed. At the same time, you can be sure that God is gracious and will work with whatever time and space you are able to give it.

My desire in having done this work is very simple. I am praying that these additions will make this beloved work even more effective as a tool for transformation, for the glory of God, for the abundance of our own lives and for the sake of others. Lord knows we all need it!

— From the introduction by Ruth Haley Barton



M. Robert Mulholland Jr.

## *Invitation to a Journey*

**M. Robert Mulholland Jr.** (ThD, Harvard Divinity School) is emeritus professor of New Testament at Asbury Theological Seminary. He is pastor of Shirley Community Church in Shirley Mills, Maine, and the author of several books, including *Shaped by the Word*, *The Deeper Journey*, *Revelation* and the landmark spiritual formation book *Invitation to a Journey*.

Mulholland has written many papers and several books on spiritual formation. During his extensive academic career, Mulholland served as adjunct professor at the Academy for Spiritual Formation and taught at several seminaries and universities around the world, including Wesley Theological Seminary, Harvard University, McMurry University, Moscow Evangelical Christian Seminary (Moscow, Russia), West Africa Theological Seminary (Lagos, Nigeria) and Baltic Mission Center Theological Seminary (Tallinn, Estonia).



Ruth Haley Barton

**Ruth Haley Barton** (DD, Northern Seminary) is founding president of the Transforming Center, a spiritual formation ministry to pastors and Christian leaders. A trained spiritual director (Shalem Institute for Spiritual Formation), teacher and retreat leader, she has served on the pastoral staff of several churches including Willow Creek Community Church. A sought-after teacher, preacher and consultant to leadership teams, she is currently adjunct professor of spiritual transformation at Northern Seminary.

Barton is the author of numerous books and resources on the spiritual life including *Invitation to Solitude and Silence*, *Sacred Rhythms*, *Longing for More* and *Strengthening the Soul of Your Leadership*. She is also the author of an online resource titled *eReflections*, which provides spiritual guidance via email. She contributes regularly to *Conversations: A Forum for Authentic Transformation*.

Visit [www.transformingcenter.org](http://www.transformingcenter.org) to find out more about Ruth Haley Barton and read her blog posts.

Authors of *Invitation to a Journey: A Road Map for Spiritual Formation*

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