



# Spiritual Mentoring: A Guide for Seeking and Giving Direction

By Keith R. Anderson, Randy D. Reese

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*Iron sharpens iron, and one person sharpens . . . another.* (Proverbs 27:17) As we seek God together we come to know him more deeply. That's the idea behind *Spiritual Mentoring*. Spiritual mentoring is an ages-old practice that Keith Anderson and Randy Reese introduce in a way that fits life as we know it today. Spiritual mentoring is not only for pastors or saints. Mentors are ordinary Christians who are willing to enter into a faith relationship with another person who wants to grow. Likewise, those who are mentored are not seminary candidates but simply followers of Jesus who long for guidance in their spiritual journey. In this book Anderson and Reese show you how to mentor and be mentored as they introduce, chapter by chapter, the work of a different classical spiritual writer, including

- Augustine
- Aelred of Rievaulx
- John of the Cross
- Julian of Norwich
- Ignatius of Loyola
- Teresa of Avila
- Madame Jeanne Guyon

These writers offer timeless insights from centuries past, while Anderson and Reese help you put their teaching into practice today to grow closer to Jesus in the company of another believer. If you want to learn how to help younger Christians grow while stretching your own faith, or if you want to tap into the experience of a Christian friend who is farther along the road of faith, this is the book that will get you started.

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### Editorial Review

#### About the Author

Keith R. Anderson (DMin, George Fox Evangelical Seminary) is president of The Seattle School of Theology and Psychology. He is the author of *A Spirituality of Listening*, *Spiritual Mentoring: A Guide for Those Giving and Receiving Direction*, *Friendships That Run Deep*, *Is This The One?* and *What They Don't Always Teach You at a Christian College*. Anderson previously served as dean of spiritual formation and vocation at Northwestern College in Orange City, Iowa, and as dean of spiritual formation/campus pastor at Bethel University in St. Paul, Minnesota. He was director of Vocare, a program for theological exploration of vocation funded by a \$2 million grant from the Lilly Endowment, and has been the Senior Fellow for Spiritual Formation for the Council for Christian Colleges and Universities since 2000. His parish ministry experience includes serving urban parishes in Washington State, Michigan and Minnesota.

Randy Reese (Doctor of Missiology, Fuller Theological Seminary) is president of VantagePoint3, a ministry seeking to foster renewal and maturity in local communities through the development of lifelong approaches to Christian leadership formation. Reese is also adjunct faculty at Fuller Theological Seminary, teaching courses on global leadership and missiology. He is the author of *Spiritual Mentoring*.

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