

METWomen Spring Book Club – 2024 Options

Delighting in the Trinity by Michael Reeves

Why is God love? Because God is a Trinity. Why can we be saved? Because God is a Trinity. How are we able to live the Christian life? Through the Trinity. In this lively book, we find an introduction to Christianity and the Christian life that is from start to finish rooted in our triune God-Father, Son and Spirit. Not only do we understand the person and work of Christ through the Trinity, but also prayer, the church and every aspect of our faith. With wit and clarity, Reeves draws from church history down to the present referencing a wide range of notable teachers and preachers. Here is a rich and enjoyable portrayal of the basic beliefs of Christianity that opens up the profound and life-changing truths of our faith.

Offered: **morning** session

Pages: 135

Group Facilitator: Judy Dancer

Order at: https://www.amazon.ca/Delighting-Trinity-Michael-Reeves/dp/0830839836/ref=sr_1_1?crid=QOZFKK37FBQE&keywords=delighting+in+the+trinity+michael+reeves&qid=1707237634&srefix=delighting+in+th%2Caps%2C138&sr=8-1

Gentle and Lowly by Dane C. Ortlund

Christians know that God loves them, but can easily feel that he is perpetually disappointed and frustrated, maybe even close to giving up on them. As a result, they focus a lot—and rightly so—on what Jesus has done to appease God’s wrath for sin. But how does Jesus Christ actually feel about his people amid all their sins and failures? This book draws us to Matthew 11, where Jesus describes himself as “gentle and lowly in heart,” longing for his people to find rest in him. The gospel flows from God’s deepest heart for his people, a heart of tender love for the sinful and suffering. These chapters take us into the depths of Christ’s very heart for sinners, diving deep into Bible passages that speak of who Christ is and encouraging readers with the affections of Christ for his people. His longing heart for sinners comforts and sustains readers in their up-and-down lives.

Offered: **morning** session

Pages: 224

Group Facilitator: Heather Shadbolt

Order at: https://www.amazon.ca/Gentle-Lowly-Christ-Sinners-Sufferers/dp/1433566133/ref=sr_1_1?hvadid=604602937321&hvdev=c&hvlocphy=9000673&hvnetw=g&hvmmt=e&hvrnd=123911557258767465&hvtargid=kwd-888041704727&hydadcr=324_1015038713&keywords=gentle+and+lowly&qid=1707927316&sr=8-1

***A Grace Disguised* by Jerry Sittser**

Whether your suffering has come in the form of chronic illness, disability, divorce, unemployment, crushing disappointment, or the loss of someone you love, this book will help you put your thoughts into words in a way that will guide you deeper into your own healing process. With vulnerability and honesty, Jerry Sittser walks through his own grief and loss to show that new life is possible--one marked by spiritual depth, joy, compassion, and a deeper appreciation of simple and ordinary gifts.

Offered: **evening** session

Pages: 255

Group Facilitator: Jean Kunz

Order at: https://www.amazon.ca/Grace-Disguised-Revised-Expanded-through/dp/0310363594/ref=sr_1_1?crid=ZUOA154DXXPH&keywords=a+grace+disguised+gerald+sittser&qid=1707237665&srefix=a+grace+d%2Caps%2C147&sr=8-1

***God Alone* by Jonathan Griffiths**

We are living in a me-focused, treat-yourself world—a world that incessantly encourages us to focus on ourselves. But a life turned inward—rather than focused on God—brings peril and confusion. With pastoral warmth and heart, Griffiths shows us the character of God in all His beauty and goodness. Readers will gain knowledge of God’s attributes—that He is eternal, all-knowing, and all-wise. Readers discover what it means that God is omnipotent, unchanging, and omnipresent. This book is both a plea for the people of God to know Him intimately and, at the same time, an invitation to those who do not yet know Him—come and experience the wonderful, beautiful, powerful God revealed in Scripture.

Offered: **morning** and **evening** session

Pages: 160

Group Facilitator: AM Shireen Lum, PM Marie Mendoza

Order at: [God Alone: His Unique Attributes and How Knowing Them Changes Us: Griffiths, Jonathan: 9780802473967: Christianity: Amazon Canada](#)

***Habits of the Household* by Justin Whitmel Earley**

You long for tender moments with your children--but do you ever find yourself too busy to stop, make eye contact, and say something you really mean? Daily habits are powerful ways to shape the heart--but do you find yourself giving in to screen time just to get through the day? You want to parent with purpose--but do you know how to start? Award-winning author and father of four Justin Whitmel Earley understands the tension between how you long to parent and what your daily life actually looks like. In *Habits of the Household*, Earley gives you the tools you need to create structure--from mealtimes to bedtimes--that free you to parent toddlers, kids, and teens with purpose.

Offered: **morning** and **evening** session

Pages: 240

Group Facilitator: AM Elaine Van Volkingburgh, PM Crystal Tunnoch

Order at: https://www.amazon.ca/Habits-Household-Practicing-Everyday-Rhythms/dp/0310362938/ref=sr_1_1?crid=1KIBWXLXNFXVM&keywords=habits+of+the+household&qid=1707237692&srefix=habits+%2Caps%2C180&sr=8-1

***Humility: The Joy of Self-Forgetfulness* by Gavin Ortlund**

There are many misconceptions about what it means to be humble. Some think that being humble means hiding your talents and abilities or being weak and inauthentic. But the Bible paints a different picture—defining humility as a self-forgetfulness leading to joy and explaining that it is a life-giving virtue that frees you from the restricting needs of your ego. In *Humility: The Joy of Self-Forgetfulness*, Gavin Ortlund encourages readers that humility is not just an abstract virtue but a mark of gospel integrity. Ortlund examines humility both on a personal level and in the context of the church, giving examples of ways to cultivate it—including meditation on the gospel and practicing intentional gratitude. Drawing from Philippians 2 and historical texts such as C. S. Lewis’s *Mere Christianity* and Jonathan Edwards’s sermon “A Christian Spirit Is a Humble Spirit,” Ortlund defines humility in light of the incarnation and death of Jesus Christ, casting a vision for a gospel-centered, humble life.

Offered: **morning** and **evening** session

Pages: 136

Group Facilitator: AM Kimberley Oueis, PM Jessica Dyck

Order at: https://www.amazon.ca/Humility-Joy-Self-Forgetfulness-Gavin-Ortlund/dp/1433582309/ref=sr_1_1?crid=3MXG9IT9WF04O&keywords=humility+the+joy+of+self+forgetfulness&qid=1707927497&srefix=humility+the+joy+of+self+forgetfulness%2Caps%2C101&sr=8-1

***Identity Theft* by Melissa Kruger**

Who am I? It's a question we all ask ourselves. At some point, we may focus our identity on our job performance, marital status, personality type, or social network, among other options; however, there's a larger question to consider. Who does the Bible tell me I am in Christ? From the wisdom and perspective of insightful authors, we'll seek to look at these issues together: exposing our false notions of identity, understanding the biblical truth of our identity in Christ, and reflecting on what it looks like to live in our new identity. Join us as we explore how knowing who we are in Christ changes every aspect of our lives.

Offered: **morning** and **evening** session

Pages: 121

Group Facilitator: AM Jessica Dyck, PM Anne Evans

Order at: https://www.amazon.ca/Identity-Theft-Reclaiming-Truth-Christ/dp/0692134662/ref=sr_1_1?crd=16DOGEO9YQQ1V&keywords=identity+theft+kruger&qid=1678717643&srefix=identity+theft+kruger%2Caps%2C129&sr=8-1

***Let the Nations be Glad!* by John Piper**

John Piper's bestselling book on missions draws on key biblical texts to demonstrate that worship is the ultimate goal of the church and that proper worship fuels missionary outreach. Piper offers a biblical defense of God's supremacy in all things, providing readers with a sound theological foundation for missions. *Let the Nations Be Glad!* provides a passionate plea for God-centeredness in the whole enterprise of world evangelization and explores the role of prayer and spiritual warfare. The book is essential reading for those involved in or preparing for missions work. It also offers enlightenment for students, pastors, youth workers, campus ministers, and all who want to connect their labors to God's global purposes.

Offered: **morning** session

Pages: 304

Group Facilitator: Shayna Winn

Order at: https://www.amazon.ca/Let-Nations-Be-Glad-Supremacy/dp/1540963896/ref=sr_1_1?crd=2IIQTSG7FXOT1&keywords=let+the+nations+be+glad+by+john+piper&qid=1707927652&srefix=let+the+nations+be+%2Caps%2C110&sr=8-1

***Life Together* by Dietrich Bonhoeffer**

In *Life Together*, Dietrich Bonhoeffer, renowned Christian minister and professor, recounts his unique fellowship in an underground seminary during the Nazi years in Germany. Giving practical advice on how life together in Christ can be sustained in families and groups, Bonhoeffer describes the role of personal prayer, worship in common, everyday work, and Christian service. *Life Together* is bread for all who are hungry for the real life of Christian fellowship.

Offered: **evening** session

Pages: 128

Group Facilitator: Michelle Bezanson

Order at: https://www.amazon.ca/Life-Together-Exploration-Christian-Community/dp/0060608528/ref=sr_1_1?crid=3ILT7HY9H6FC8&keywords=life+together+dietrich+bonhoeffer&qid=1707237716&srefix=life+together%2Caps%2C156&sr=8-1

***Stay Salt* by Rebecca Manley Pippert**

This book aims to help Christians to share their faith in today's world confidently and effectively. The world has changed in so many ways, and many of us no longer feel confident when it comes to evangelism, especially with the rise of hostility towards Christian points of view. Keeping quiet is becoming our default position. Yet, the world has not changed in one way: It still needs Jesus. This book calls and will equip ordinary Christians to share Jesus through ordinary day - to - day conversations. Such conversations can have extraordinary results. They will transform hearts, society, and the world.

Offered: **morning** session

Pages: 256

Group Facilitator: Verena Diefenbacher

Order at: https://www.amazon.ca/Stay-Salt-Rebecca-Manley-Pippert/dp/1784984361/ref=sr_1_1?crid=193LUZRDMNX1F&keywords=stay+salt&qid=1676499194&s=books&srefix=stay+salt%2Cstripbooks%2C96&sr=1-1

***A Still and Quiet Mind* by Esther Smith**

Do you often feel 'stuck in your head' with untrue, anxious, or unwanted thoughts? Do you struggle with self-deprecating or depressive and hopeless thinking? Biblical counsellor Esther Smith has authored *A Still and Quiet Mind* to help navigate this negative thinking by offering strategies to help with the process of changing thought patterns. This study helps us take an honest look at the battlefield in our own minds and learn to apply strategies that open the door to allow God to transform our thinking. Participants will be challenged to be honest about the difficulties they face in their thinking as well as spend time applying the practical strategies presented. Please bring a journal.

Offered: **morning** and **evening** session

Pages: 176

Group Facilitators: AM-Kathleen Ellingson, PM-Linda Lim

Order at: https://www.amazon.ca/Still-Quiet-Mind-Strategies-Changing/dp/1629959219/ref=sr_1_1?crid=3JCX16S0BKZ30&keywords=a+still+and+quiet+mind&qid=1707237741&prefix=a+still+and+qu%2Caps%2C144&sr=8-1

***Strange New World* by Carl R. Trueman**

How did the world arrive at its current, disorienting state of identity politics, and how should the church respond? Historian Carl R. Trueman shows how influences ranging from traditional institutions to technology and pornography moved modern culture toward an era of "expressive individualism." Investigating philosophies from the Romantics, Nietzsche, Marx, Wilde, Freud, and the New Left, he outlines the history of Western thought to the distinctly sexual direction of present-day identity politics and explains the modern implications of these ideas on religion, free speech, and personal identity.

Offered: **evening** session

Pages: 208

Group facilitator: Lindsay Callaway

Order at: https://www.amazon.ca/Strange-New-World-Activists-Revolution/dp/1433579308/ref=sr_1_1?crid=1GOKC44PHTS0E&keywords=strange+new+world+by+carl+trueman&qid=1707237767&prefix=strange+new+world+%2Caps%2C145&sr=8-1

***Untangling Emotions* by J. Alasdair Groves and Winston T. Smith**

Our emotions are complex. Some of us seem able to ignore our feelings, while others feel controlled by them. But most of us would admit that we don't always know what to do with how we feel. The Bible teaches us that our emotions are an indispensable part of what makes us human—and play a crucial role in our relationships with God and others. Exploring how God designed emotions for our good, this book shows us how to properly engage with our emotions—even the more difficult ones like fear, anger, shame, guilt, and sorrow—so we can better understand what they reveal about our hearts and handle them wisely in everyday moments.

Offered: **evening** session

Pages: 240

Group Facilitator: Deanne Sprague

Order at: https://www.amazon.ca/Untangling-Emotions-Gods-Gift/dp/1433557827/ref=sr_1_1?crid=U841G633ZDWF&keywords=untangling+emotions&qid=1707237804&srefix=untangling%2Caps%2C140&sr=8-1

***Walk with Me* by Bill Mowry**

Today, disciple making has often been very systemized, making it complicated to practice. A simpler way can be found in the heart-to-heart ministries of the New Testament. In *Walk with Me*, you'll return to the biblical practices that help people grow as Christ-followers. You'll learn five kingdom principles that will reshape how you can pass on the faith: in heart-to-heart ways, by keeping it simple, by going slow, by building deep, and by living on mission.

Offered: **evening** session

Pages: 179

Group Facilitator: Marg Warner

Order at: https://www.amazon.ca/Walk-Me-Bill-Mowry/dp/080242029X/ref=asc_df_080242029X/?tag=googleshopc0c-20&linkCode=df0&hvadid=459299077891&hvpos=&hvnetw=g&hvrnd=65156534617832687&hvpon=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9000685&hvtargid=pla-1351299652047&psc=1

***When Strivings Cease* by Ruth Chou Simons**

In this hustling, image-forward age of opportunity, we feel more anxious than ever. Despite all the affirming memes and self-reflections that dominate social media feeds, approval and worth often seem assigned to what we do rather than who we are. And we end up constantly feeling like we're behind, lacking, and failing--at home, at work, with friends, with God. Ruth Chou Simons knows something about feeling measured by achievement, performance, and the approval of others. As a Taiwanese immigrant growing up between two cultures, Ruth was always on a mission to prove her worth, until she came to truly understand the one thing that changes everything: the extravagant, undeserved gift of grace from a merciful God. In *When Strivings Cease*, Ruth guides you on a journey to find freedom from the never-ending quest for self-improvement.

Offered: **evening** session

Pages: 224

Group Facilitator: Sue Reissner

Order at: https://www.amazon.ca/When-Strivings-Cease-Self-Improvement-Life-Transforming/dp/1400229987/ref=sr_1_1?crid=3LAA8D2UP1Z65&keywords=when+strivings+cease+ruth+chou+simons&qid=1707237856&srefix=when+strivings+cea%2Caps%2C137&sr=8-1

***Women of the Word* by Jen Wilkin**

We all know it's important to study God's word. But sometimes it's hard to know where to start. What's more, a lack of time, emotionally driven approaches, and past frustrations can erode our resolve to keep growing in our knowledge of Scripture. How can we, as Christian women, keep our focus and sustain our passion when reading the Bible? *Women of the Word* provides a clear and concise plan to use every time you open your Bible, equipping you to engage with God's word in a way that trains your mind and transforms your heart.

Offered: **evening** session

Pages: 176

Group Facilitator: Holly Bartell

Order at: https://www.amazon.ca/Women-Word-Study-Bible-Hearts/dp/1433567148/ref=sr_1_1?crid=14S8XE9J7OCLK&keywords=women+of+the+word+jen+wilkin&qid=1707237931&srefix=women+of+the+wor%2Caps%2C142&sr=8-1