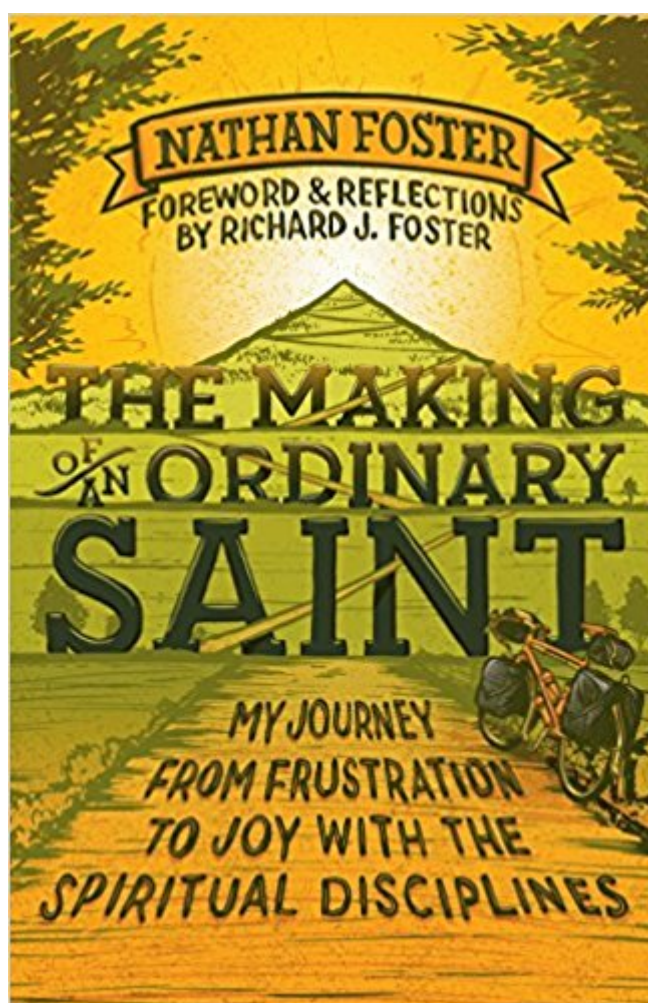


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# The Making Of An Ordinary Saint: My Journey From Frustration To Joy With The Spiritual Disciplines



## Synopsis

Nathan Foster was just a child when his father's classic *Celebration of Discipline* brought the spiritual disciplines into the popular evangelical consciousness. More than thirty years later, Nathan made his own journey into the spiritual disciplines. As he sought day by day to develop habits that would enable him to live more like Jesus, he encountered problems both universal and unique. In this engaging narrative, he draws insights from saints of old to uncover fresh ways of living for the contemporary, postmodern Christian. Through his successes, struggles, and failures, Foster invites readers on a journey of freedom, pain, frustration, and ultimately joy as he learns to rise above selfish desires, laugh at his own failures, and fall in love with God. Those who have read *Celebration of Discipline* will find in Nathan's book creative new ways to practice the disciplines that have been so formative in their lives. Those who are new to the spiritual disciplines will find that developing a vital, interactive, conversational relationship with God is within their grasp. As a result, the holy habits of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control are truly possible for all. Includes chapter openings and a foreword from Richard J. Foster.

## Book Information

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## Customer Reviews

"Thirty-five years ago, Richard Foster introduced a generation to the spiritual disciplines. Now his son introduces another generation to both the glories and the frustrations of seeking to practice them--to master and be mastered by the craft and art of the spiritual life. This is a book of honesty

and hope."--John Ortberg, senior pastor of Menlo Park Presbyterian Church; author of *Soul Keeping*

More than thirty years after his father's classic book brought them to the masses, Nathan Foster took his own unique path into the spiritual disciplines. As he sought day by day to develop habits that would enable him to live more like Jesus, he encountered problems both universal and personal. Along the way, he found creative new ways to practice the disciplines and discovered that a vital, conversational relationship with God was truly within his grasp. Now he invites you to join him on the journey. You may just find that holy habits are truly possible for all. "Nathan Foster has written about the Christian life not impersonally and objectively but as a participant. Read this book and find yourself a new companion as you follow Jesus."-- Eugene H. Peterson, professor emeritus of spiritual theology, Regent College

"Delightful . . . simply delightful. Nathan's reflections on the spiritual disciplines are honest, fresh, and insightful. Read and be blessed."--Ruth Haley Barton, founder of the Transforming Center; author of *Strengthening the Soul of Your Leadership* and *Sacred Rhythms*

"Nathan has a unique voice so badly needed today. He is a storyteller whose raw honesty disarms the reader and allows us to join him, without fear of judgment, on a journey toward an imperfect sainthood."--James Bryan Smith, associate professor of religion, Friends University; executive director of the Apprentice Institute; author of *The Apprentice Series*

Nathan Foster is director of community life at Renovar. Formerly he served as the Andrews Chair in Spiritual Formation at Spring Arbor University and the pastor of spiritual formation at a Free Methodist church in Jackson, Michigan. Nathan is a licensed clinical social worker and a certified addictions counselor and he plays bass in the indie rock band Istra Blue. Learn more at [nathanfosterprojects.com](http://nathanfosterprojects.com).

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*The Making of an Ordinary Saint* is a wonderful book about Nathan's personal experiences with the spiritual disciplines written about in his father's monumental work, *Celebration of Discipline*. In *The Making of an Ordinary Saint*, Nathan shares a brief review of each discipline, his story living out a certain discipline in the midst of an "ordinary life" (job, wife, kids, chaos, emergencies, and routine). This positions him for continued transformation by the Spirit of God into greater Christ-likeness, which is shown through his stories and review of his experiences. I found this book very helpful as I

could relate to many of the feelings and difficulties while trying to practice the spiritual disciplines. Nathan inspired me, encouraged me, and taught me through this book. As a pastor seeking to grow in Christ in the midst of normal life, I found this book very helpful. I highly recommend it, especially when read in conjunction with Richard Foster's Celebration of Discipline.

This is a very gentle intro to the spiritual disciplines. I'm doing a group study on line with 15 friends...ladies from the 30's to the 60's, taking a chapter a month to practice each of the disciplines. We're on month one...submission. We have all experienced LOTS of opportunities to practice and it's fun to share how God is working in our lives with submission being daily in the forefront.

Nate Foster's dad Richard wrote a classic study of the spiritual disciplines. A quarter century later Nate decided to try living them out--not all at once, but one at a time. This book is his memoir of how God helped him encounter submission, study, silence, worship, and the rest, never as he planned, but in unexpected ways that led him to the heart of the discipline in a way that spoke to his own heart. So he began to see how they fit together and changed his life. A wonderful testimony to God working with us for our transformation. Thanks for sharing.

I read Foster's book CELEBRATION OF DISCIPLINE when I was in college and struggled to embrace it as a student. Nathan has communicated those same disciplines in a way that moves his father's book forward in a way that will greatly connect with this rising generation of young people. I finished this book on New Years Day 2016 and am looking forward to the year.

Reading this twice, so I can make notes the second time. Great book, well written, I can see this being used in many ways as a personal devotional, small group study, and outreach.

This book is an absolute Godsend for me at this point in my spiritual walk. It has taken me to a higher level of understanding of the spiritual disciplines, which was necessary in order to see my place in the world.....or at least what God's plan is for me in the world. With that comes an enormous amount of peace and well being. A must read from where I'm standing!

I LOVE IT!!!!!! Nathan has such a fantastic way of connecting with his reader by being transparent, hopeful and helpful. This book has some cool content from Nathan's dad & brief bios related to the various disciplines that are discussed, but the best part of the book is Nathan's insights, applications

and honest experiments with each discipline that is discussed. Buy 5 of this book & discuss it in your next book club!! :)

Most books on the Spiritual Disciplines are academic or theological. This one is different in that the author writes in detail how he implemented the disciplines into his own life over a period of 4 years. The writing is intensely personal and allows the reader to identify with the author and apply the disciplines to his/her own life.

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