



Feeding Your Forgotten Soul

Paul Borthwick

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Spiritual growth and health. So essential . . . so valuable . . . and so difficult to maintain. Why? That's the question every burned-out or morally fallen youth worker has asked. And all of us in youth ministry wrestle with the seemingly endless battle against spiritual fatigue. Fortunately, veteran youth and missions minister Paul Borthwick gives us a fresh understanding of the battle and a game plan for developing and maintaining a dynamic spiritual life in *Feeding Your Forgotten Soul*. Borthwick takes a frank look at the hurdles to spiritual growth, what it takes for us to resume the path to spiritual health, and offers clear guidelines on how to keep our lives firmly on the spiritual balance beam. He addresses topics like -- Understanding how the drive for success affects our spiritual integrity - Confronting and surviving the battle with sexual temptation - Building spiritual discipline back into our lives - Learning to forgive ourselves -- *Feeding Your Forgotten Soul* is clear without being simplistic. Borthwick avoids the quick-fix mentality, instead pointing us to a long-term path to solid spiritual development. And he doesn't speak from a pedestal. He is brutally honest about his own struggles with loss of perspective, spiritual fatigue, and temptation. You'll find *Feeding Your Forgotten Soul* to be as sensitive as it is challenging, as compassionate as it is honest. And you'll come away with a new motivation for strengthening your personal walk with God.

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