



# Protestant Spiritual Exercises: Theology, History and Practice

*Joseph D. Driskill*

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The term "Protestant spirituality" is sometimes considered to be an oxymoron. Spirituality has traditionally been seen as the domain of the Catholic faith, and not of the Protestant reformation and its offshoots. That perspective is in error, as Dr. Joseph Driskill demonstrates in *Protestant Spiritual Exercises*, a book that introduces readers to the spirituality that evolved from Calvin, Luther, and many other Reformers.

This book, geared to use by seminary students and clergy and lay leaders within Protestant congregations, helps readers discover their rich spiritual heritage through an examination of its history and practice and the theological affirmations that undergird it. For use either as a textbook for training future clergy, or within the congregation itself to further develop the spiritual life of the parish, this book is practical on many levels. Actual practices (the Prayer of Examen, Luther's Four-Stranded Garland and others) can be used in spiritual formation of individuals and groups. Driskill also helps leaders learn how to use the exercises, making them become aware of gender and age issues, the role of the setting in which they are used, and good leadership skill.

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