

# A Retreat for the *SOUL*



**THE UPPER ROOM**  
*Devotional & Journaling Resources*

## Get Away, Every Day

Going off to a spiritual retreat is an opportunity to get away from our daily routines and escape our busy schedules in order to pause and rest both body and spirit.

A retreat can take us to a natural setting of a cascading hillside slope, a serene valley, a scenic ridge top, or a secluded river bank. There, we often find it easier to reflect on our spiritual state, regain our bearings, and renew our spiritual growth.

For 2011, The Upper Room offers three popular tools that can help you carve out a small sanctuary for the soul through a daily practice of Bible study, prayer, and reflection:

- A book of daily devotions
- A calendar & journal for personal reflection
- A discussion guide for small groups

No matter what time of day, no matter what you may be doing, no matter where you are—you can find your soul's retreat with these spiritual reflection resources from The Upper Room.



## Go on a Retreat for 10 Minutes

365 rest stops await your arrival.

Each day you can briefly pause to let your soul rest, renew, and rejuvenate.

Escape to a spiritual retreat for just a moment of each day.

Look inside to find out how.



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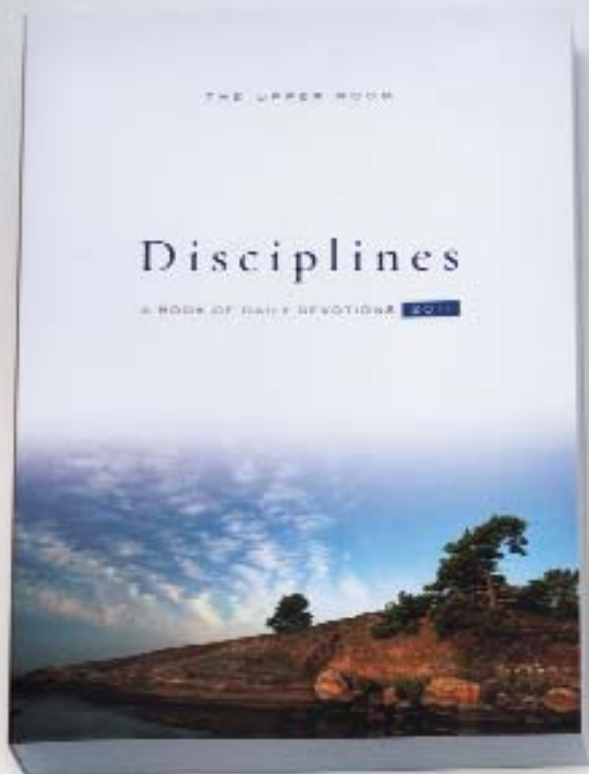
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## The Upper Room Disciplines 2011 A Book of Daily Devotions

We provide food, exercise, and medical care for the sake of our physical health. But, what about our spiritual health? What if we could create a spiritual health spa to refill the soul with daily nourishment, maintain and repair the soul with healing therapy, and exercise the soul for daily growth?

You can find this kind of restorative respite in *Disciplines*—a book that can help you instill the practice of regular devotional reading into your everyday routine. *Disciplines* provides you with 365 daily devotional doses to supplement your spiritual health.

Enjoy insights from 53 leading Christian writers in *Disciplines*, offering a variety of perspectives on daily Bible readings selected from the Revised Common Lectionary. With *Disciplines*, a spiritual retreat is always close at hand.

DJ11-9780835810098. **\$12.00**

**Large Print Version.**

DJ11-9780835810104. **\$15.00**

## Journeying Through the Days 2011 A Calendar and Journal For Personal Reflection

*Introduction by Grace Imathiu*

### A Calendar

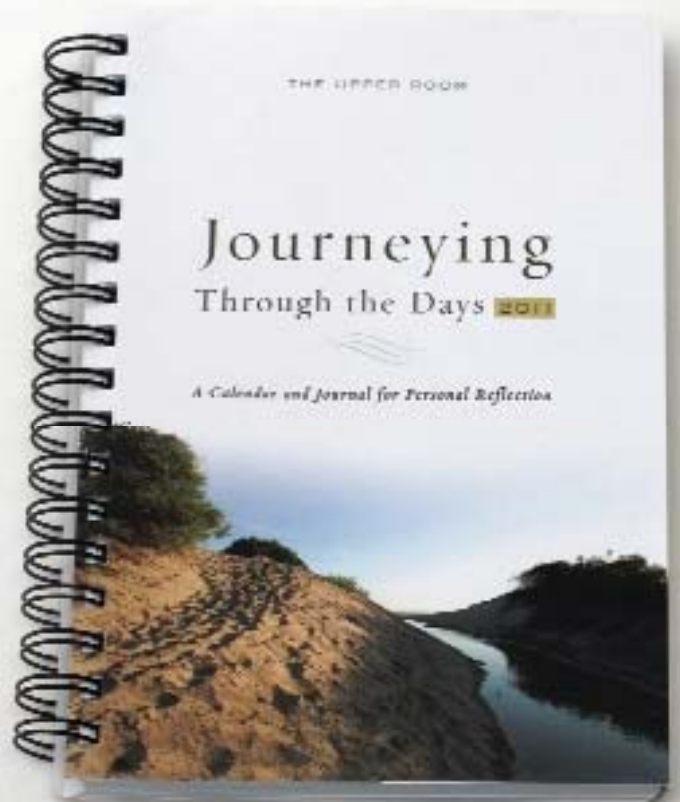
Wouldn't you like to get away from the city once a day? If you can't travel to the most breathtaking settings of God's creation—we will bring them to you. Enjoy a daily reminder to reflect on your place in God's world through beautiful scenic landscapes by photographer David Hay Jones, along with provocative quotations, and short Scriptures.

### A Journal

Noticing the world around us, recording thoughts and feelings, remembering special days, observing the passage of time, and charting our changes—these daily tasks are much like spiritual exercise. Over the course of a year, this guided journaling can strengthen your soul like a daily spa workout to build up the spiritual body.

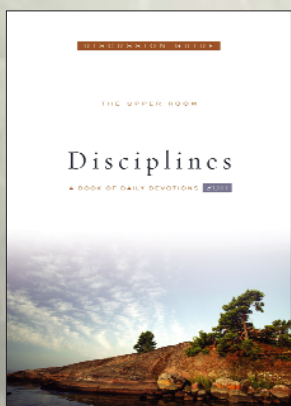
A spiral binding and heavy matte paper make *Journeying Through the Days* easy to use for date-keepers and serious journalers alike. One of our most popular design features is a fold-over flap from the back cover that serves as both a placeholder and an alternative spine for easy shelving.

DJ11-9780835810180. **\$16.00**



*And for small groups...*

## The Upper Room Disciplines 2011 Discussion Guide



The experiences of renewal and reconnection with God can be shared among other Christians.

Based on requests from readers, The Upper Room developed a guide to help small groups participants connect with one another as they delve deeper into *Disciplines*' thematic meditations.

Simple effective discussion questions are included for every week of the year, along with related biblical texts for easy reference.

DJ11-9780835810197. **\$6.00**

### 1 Select One (for yourself or as a gift)

DJ11-9780835810098	Upper Room Disciplines	<b>\$12.00</b>
DJ11-9780835810104	Upper Room Disciplines (Large Print)	<b>\$15.00</b>
DJ11-9780835810197	Upper Room Disciplines Discussion Guide	<b>\$6.00</b>
DJ11-9780835810180	Journeying Through The Days	<b>\$16.00</b>

### 2 Pair Up to Save (Pairs include one of both titles)

DJ11-534201	Disciplines and Journeying Pair	<b>\$22.00</b>
DJ11-534189	Disciplines (Large Print) and Journeying Pair	<b>\$27.00</b>

### 11 Share With a Group (Buy 10—Get 1 Free in sets of one title)

DJ11-534236	11 Qty. Upper Room Disciplines	<b>\$110.00</b>
DJ11-534249	11 Qty. Upper Room Disciplines (Large Print)	<b>\$110.00</b>
DJ11-534212	11 Qty. Journeying Through The Days	<b>\$150.00</b>

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