



***Spiritual Practices for Soul Care:  
40 Ways to Deepen Your Faith***

**by Barbara L. Peacock**

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a copy of the book, please contact:*

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**Build a Deeper Relationship with God and Experience a  
Richer Spiritual Life Through 40 Soul Care Practices**

In *Spiritual Practices for Soul Care: 40 Ways to Deepen Your Faith* (Baker Books, August 2023), award-winning author and spiritual director Barbara L. Peacock empowers readers to put 40 different spiritual disciplines into action—from prayer and meditation to serving and socializing, resting, and healing—so they can experience a closer relationship with their Creator. Each discipline includes a description, scripture focus, practical application, and an example of a soul-care leader whose spiritual journey exemplifies the spiritual practice. When practiced regularly, these simple, restorative, and transformational practices will strengthen and grow Jesus’s disciples.

“Barbara is a trusted guide, having traversed the landscape from which she writes for the past several decades. Join her in these forty practices and watch your soul come alive once more.”

—**Stephen A. Macchia**, founder, and president of Leadership Transformations, Inc, director of the Pierce Center at Gordon-Conwell Theological Seminary, and author of *Becoming a Healthy Church*

Barbara Peacock is available for interviews and would love to discuss topics related to *Spiritual Practices for Soul Care*, such as:

- How spiritual practices can help us grow closer to Jesus and grow our faith
- Why Christians should practice regular fasting to develop a hunger for God
- Why storytelling is an essential practice of soul care
- Harriet Tubman as a soul-care leader for the spiritual practice of freedom
- More on worship, prayer, meditation, silence, etc.

“The forty formative practices in this book are transformational tools for developing personal and internal liberation” writes Peacock. “Truly, it is only through a commitment to formation that our lives become transformed.”



### About the Author

**Barbara L. Peacock** is an award-winning author, as well as a passionate spiritual director, teacher, and intercessor. She received her bachelor's degree from North Carolina Central University, her master's degree from Princeton Theological Seminary, and her DMin from Gordon-Conwell Theological Seminary. Founder of Peacock Soul Care, she also serves with the Charlotte-based True Value of a Woman Ministry and the Charlotte Prayer Network and is co-owner with her husband, Gilbert, of Freedom Financial Advantage. They live in North Carolina.

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### Get Connected

[www.peacocksoulcare.com](http://www.peacocksoulcare.com)

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## PRAISE for *Spiritual Practices for Soul Care*

"In *Spiritual Practices for Soul Care*, Barbara Peacock offers practical strategies and tools to promote spiritual growth and deepen faith in ways that honor and celebrate the rich legacy of Christianity. It is essential reading for anyone who wants to draw closer to God."

**Rev. Dr. Felicia Y. Thomas**, Morgan State University

"Reading *Spiritual Practices for Soul Care* is like making a soul friend. Barbara Peacock's stories, reflections from Scripture, and prayer poems will embrace you in Jesus' loving presence. Her diverse community of forty soul care mentors includes individuals from all walks of life: people from the Bible, saints ancient and modern, writers and preachers and activists. Each mentor illustrates a fresh and encouraging soul care practice to help you welcome God into every facet of your life."

**Drs. Bill & Kristi Gaultiere**, founders of Soul Shepherding and authors of *Healthy Feelings, Thriving Faith*

"Brief enough to be covered in forty days yet deep enough to linger over for forty years, *Spiritual Practices for Soul Care* is a delightful combination of personal, practical, and even poetic spiritual counsel to care for your most precious possession—your soul."

**David A. Currie**, MDiv, PhD, professor of pastoral theology and dean of the Doctor of Ministry and Anglican Formation Programs at Gordon-Conwell Theological Seminary

"Filled with rich illustrations from her own life, Barbara's latest book introduces her readers to a wide collection of spiritual practices, along with summaries of faithful practitioners from throughout the centuries and around the world. The resulting 'host of witnesses' spurs us on to run the race set before us, nurtured in body and soul and inspired to explore these practices further for ourselves."

**Susan Porterfield Currie**, director of the Selah Certificate Program at Leadership Transformations

"I am glad to encounter another helpful resource for guidance in personal and communal soul practices to deepen the journey into the holy from someone who walks the talk. *Spiritual Practices for Soul Care* is an irresistible invitation for embracing the divine nature in our daily walk. Dr. Peacock is serious, thorough, vulnerable, humorous, and at times very intimate in her narrative. Her work enriches academia and church life alike."

**Sophia Steibel**, PhD, professor of Christian education and spiritual formation at Gardner-Webb University



## Sample Interview Questions for Barbara L. Peacock

### *Spiritual Practices for Soul Care*

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- Thanks for joining us, Barbara. Will you tell us about your background and the need you see for your new book, *Spiritual Practices for Soul Care*?
  - For those who may be unfamiliar with the concept, will you talk to us about what soul care is and why it's important for believers?
  - In this book, you provide 40 different spiritual disciplines for readers to deepen their faith and grow closer to God. Why is multiplicity important for deepening our relationship with God?
  - In a world of frantic activity and constant entertainment, it can be hard to identify and embrace the rhythms that lead to true spiritual flourishing. What encouragement can you offer to those who feel too busy for spiritual discipline?
  - There are also believers who don't know how to experience the internal liberation that you discuss in this book. Knowing that Christ has already secured our freedom, how are these practices a means to experiencing it?
  - In each section, you include an example of a soul-care leader whose spiritual journey exemplifies the spiritual practice. How can we begin to emulate these leaders?
  - Each of the practices in this book are actions ending in the letters I-N-G. This was very intentional as you've noted in the introduction. Will you tell our listeners more about this?
  - One spiritual practice that you discuss is meditating. What does meditation look like for Christians? How does meditating help us grow in our relationship with God?
  - How can we stay consistent in our practice of these disciplines?
  - Where can our audience go to connect with you and purchase a copy of *Spiritual Practices for Soul Care*?
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