

# Web Resources for L2: The Inner Life of a Christian Leader

## **SHAPE**

SHAPE stands for Spiritual gifts, Heart, Abilities, Personality and Experience. CPAS have provided an easy way to access this tool at:  
<http://www.cpas.org.uk/advice-and-support/exploring-call/your-shape/>

## **The Enneagram**

Metz B, Burchill J, *The Enneagram and Prayer—Discovering Our True Selves Before God* (New Jersey: Dimension Books, 1987)  
Riso, D, Hudson, R, *The Wisdom of the Enneagram* (New York: Bantam Books, 1999)

The official online Riso-Hudson Enneagram Type Indicator test can be taken by following the link below:

[https://www.enneagraminstitute.com/Tests\\_Battery.asp](https://www.enneagraminstitute.com/Tests_Battery.asp)  
Free sampler tests are available via this link.

## **Benedictine Rule**

<http://www.osb.org/gen/rule.html>—introduction to the Benedictine Rule  
<http://www.osb.org/rb/text/toc.html#toc>—the Benedictine Rule online in English

We would also like to recommend:

*Sacred Rhythms—Arranging our lives for Spiritual Transformation*—by Ruth Haley Barton (Illinois: InterVarsity Press, 2006)

‘Spiritual disciplines open us to God’s transforming love and the changes that only God can bring about in our lives. Picking up on the monastic tradition of creating a ‘rule of life’ that allows for regular space for the practice of spiritual disciplines, this book takes you more deeply into understanding seven key disciplines along with practical ideas for weaving them into everyday life.’

## **Retreats**

<http://www.retreats.org.uk/> - national retreats association  
[www.waverleylearning.co.uk](http://www.waverleylearning.co.uk) - leadership retreats for those in organizational life