



The Selfless Way of Christ: Downward Mobility and the Spiritual Life

Henri J. M. Nouwen

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In this short work Henri Nouwen offers a penetrating reflection on the challenge of the spiritual life, especially the call to imitate Christ's example of "downward mobility." This vocation is sorely tested by the constant celebration of "upward mobility," which brings to mind the temptations Christ faced in the wilderness: to be "powerful, relevant, and spectacular." To prepare us for this path, Nouwen describes the "disciplines of spiritual formation," represented by the Church, the Word of God, and the promptings of our heart.

Illustrated with drawings by Vincent van Gogh, *The Selfless Way of Christ* is an inspiring guide for ministers and everyone walking the path of discipleship.

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