Isn’t it amazing to think that not too many years ago, we were searching through card catalogs at brick-and-mortar libraries for information? If I dig deep into my six-year-old self’s memories, I can still smell the dusty, tiny little drawers filled with handwritten or typewriter-etched notecards, now replaced by the more 21st century compatible OPAC (online public access catalog) or the even more accessible…Internet. Today, we don’t have to travel any farther than our living room desk to have access to oceans of information.

A lot can and has been said about the dangers and ills of our modern one click-of-a-button instant access to any written, visual, or audio resource we could ever (or never) really need. But there are many worthy things that can come from the ease of access we now have, in our information age, to resources that can truly aid us and our families in becoming more intentional about living life well.

In my book, Head & Heart: Becoming Spiritual Leaders for Your Family, foreword by Bishop James Conley (Emmaus Road Publishing, Fall 2015), I uncover 12 characteristics for strong spiritual leadership in the home, and provide practical tools to help you better lead and love your family toward heaven, while discovering a family life filled with intentionality, joy, and meaning.
Through mind-opening and heart-tugging interviews with well-known Catholic leaders and authors like Patrick Lencioni, Mark Hart, Lisa Hendey, and others, as well as lesser known but heroic everyday Catholic family men and women, I write from the point of view of a young wife and mother learning the ropes myself, guided by the wisdom of Scripture, the teaching of the Church, and example couples who are prioritizing faith and spiritual leadership in family life.

I wrote Head & Heart as a resource for all Catholic individuals and couples desiring to learn how to live out their Catholic faith in the home and find direction amidst the chaos and commitments of everyday family life. What I couldn’t do in the book was include an extensive listing of many of the resources that I use regularly to help me in that endeavor to become a stronger spiritual “heart” of my family and a better woman, wife, mother, and Catholic in general. So I created this resource guide as a handy supplement, for both men and women.

After working in ministry for more than ten years, studying Catholic theology in graduate school, and writing and speaking as a part-time profession in the midst of full-time, stay-at-home parenting, I am often inundated with requests for Catholic resources. I’ve spent years collaborating with the best Catholic organizations and ministries, amassing a collection of classic and modern Catholic literature, and visiting informative and helpful Catholic websites…and I love sharing what I find with others.

I’m frequently asked questions like:

What websites should I visit to learn more about the Catholic faith?

What books would you recommend for __________ (strengthening my marriage, helping me become a better apologist/evangelist, learning about Church history, cultivating a stronger prayer life, raising my kids Catholic, integrating my faith and work life)?

Which Bible translation and Catechism do you use?

Which DVDs, CDs, or MP3s should I get for myself, a spouse, a relative, or a friend struggling to understand ________________ (chastity or the Church’s teaching on birth control, Scripture, suffering, the relationship between faith and science) better?
If you are like me, you are always on the hunt for solid resources, so I’d like to guide you toward some of my favorite ones, my go-to Catholic resources for those aspiring to be stronger spiritual leaders primarily in family life, but also in the workplace, in your parish community, among your friends, within your extended family and even in your social media network. Knowing where to turn for faith-based information and formation that you can trust is half the battle. Learning and allowing yourself to conform to the knowledge you find is the other exciting challenge.

One of the hallmarks of strong spiritual leadership is the ability to be a continuous student and teacher of the Catholic faith. So to help you accomplish your leadership goals in the area of continuing faith education, I compiled this helpful resource guide for Catholics who can benefit from these website, book, audio and video recommendations regardless of how “advanced” you may consider yourself on your spiritual journey.

Thankfully, today there is a wealth of well-written, well-spoken, and well-crafted tools for Catholic seekers, and as a result, if you have been into a Catholic bookstore or online Catholic shop lately, you might not even know where to start! In this Catholic Resource Guide for Spiritual Leaders, I have tried to dwindle these resources down to just a few recommendations per category. I limited myself to no more than five Internet resources, five books, and five “other” resources per subject or sub-category, which was expectedly challenging to do, but will hopefully prove to be more helpful. I also included links whenever possible, but please keep in mind that the ever-changing Internet may at some point render the links obsolete, which is also why I included as much info (title, authors, etc.) about each item as I could so that you can still find the resource should that occur. I highly recommend you purchase the books listed (subtitles not included for the sake of space) from your local Catholic bookstore or from the Catholic publisher online. Finally, in every subject category, the best resources you can turn to first are Holy Scripture and the Catechism of the Catholic Church.

Please enjoy this resource guide. I sincerely hope you find it helpful, and I would be grateful if you would share it with others, too. Finally, please stay tuned for the release of my book, *Head & Heart*. I am enthusiastic to see how the Holy Spirit may use this book to transform men, women, couples, and families…and consequently, in some small but meaningful way, our beautiful Catholic Church!

Peace of Christ,

Katie Warner

CatholicKatie.com

Author of *Head & Heart: Becoming Spiritual Leaders for Your Family*

(Continued)
### THE RESOURCE LIST

#### Catholic News, Magazines, and Editorials

**Online**
- National Catholic Register
- Integrated Catholic Life
- Catholic Education Resource Center
- Catholic Online
- Crisis Magazine

**Print**
- National Catholic Register
- Our Sunday Visitor
- Catholic Answers Magazine

**Other**
- EWTN News Nightly
- Son Rise Morning Show
- The World Over
- The Catholic Connection

#### Church Fathers

**Online**
- New Advent: The Fathers of the Church (Compiled Writings)
- Catholic Culture’s Searchable Fathers of the Church (by author or chronology)

**Print**
- The Fathers Know Best by Jimmy Akin
- A Year with the Church Fathers by Mike Aquilina
- Faith of Our Fathers by Mike Aquilina
- Early Christian Writings by Andrew Louth

**Other**
- Footprints of God: Apostolic Church Fathers

#### Bible, Catechism, Church Documents

**Online**
- EWTN Bible Online
- Catechism Online: St. Charles Borromeo Catholic Parish
- Vatican Web site
- USCCB

**Print**
- The Ignatius Bible: Revised Standard Version – Second Catholic Edition
- Ignatius Catholic Study Bible
- Catechism of the Catholic Church
- Compendium: Catechism of the Catholic Church

**Other**
- Gospels in a Year

#### Apologetics

**Online**
- Catholic Answers
- New Advent’s Catholic Encyclopedia
- Catholics Come Home Q&A
- Bible Christian Society

**Print**
- Beginning Apologetics series
- The Essential Catholic Survival Guide
- The Seven Deadly Sins of Apologetics
- Catholicism and Fundamentalism
- The Protestant’s Dilemma

**Other**
- Catholic Answers Live podcast
- Catholic Apologetics Academy
- Catholic Verse Finder (“Bible Cheat Sheet”)

#### Evangelization

**Online**
- Catholics Come Home
- FOCUS Equip
- Dynamic Catholic
- Word on Fire Ministries
- Evangelii Nuntiandi by Pope Paul VI

**Print**
- Catholics Come Home by T. Peterson
- How to Share your Faith with Anyone by Terry Barber
- Joyful Witness by Randy Hain
- How to Defend Your Faith Without Raising Your Voice by A. Ivereigh
- Search and Rescue by Patrick Madrid

**Other**
- Real Life Catholic Videos
- St. Paul Street Evangelization
- Catholics Come Home evangomercials
- CCH Evangelization Q&A Videos
- Catholicism DVD Series

#### Faith & Reason, Science, Atheism

**Online**
- Strange Notions
- Magis Center
- Why Believe in God?: Magis Wiki
- Fides et Ratio by Pope Saint JP II

**Print**
- New Proofs for the Existence of God by Fr. Robert Spitzer
- Evidence for God from Contemporary Physics and Philosophy by Fr. Spitzer
- Answering Atheism by Trent Horn
- The Godless Delusion by Patrick Madrid and Kenneth Hensley
- The Evidence of Power and Beauty by Thomas Dubay

**Other**
- Cosmic Origins
- Science, God and Creation by Fr. Robert Spitzer
- Answering Atheism by K. Hensley
- Answering Atheism by Trent Horn
- God: Supreme Being or Imaginary Friend?
THE RESOURCE LIST (cont.)

Theology, Catechesis, & Faith Formation

Online
The Radical Life
Real Life Catholic
Augustine Institute Ad Gentes
Catholic Spiritual Direction
The Practicing Catholic

Print
Catholic Christianity by Peter Kreeft
Catholicism Pure and Simple by Fr. Dwight Longenecker
Mere Christianity by C.S. Lewis
Theology for Beginners by Frank Sheed
Theology and Sanity by Frank Sheed

Other
Symbolon
New St. Thomas Institute
Formed

Conversion

Online
The Coming Home Network
One Billion Stories

Print
Rome Sweet Home by Scott and Kimberly Hahn
Something Other Than God by Jennifer Fulwiler
Surprised by Truth Series by Patrick Madrid
Crossing the Tiber by Steve Ray
I’m Not Being Fed by Jeff Cavins

Other
Catholics Come Home TV Series
Conversion by Fr. Robert Barron
Following the Call of Christ: Biblical Stories of Conversion by Fr. Robert Barron

Bible Study/Scripture Commentary

Online
St. Paul Center for Biblical Theology Online Bible Study Courses (Free!)
Catholic Scripture Study International

Books
Walking with God by Jeff Cavins and Tim Gray
Catholic Commentary on Sacred Scripture by various authors
The Catholic Bible Dictionary by Scott Hahn
The Bible Compass by Edward Sri
Praying Scripture for a Change by Tim Gray

Other
The Great Adventure Bible Study
Word on Fire Sermon Podcast
Word on Fire YouTube channel
Verbum Bible Software

Jesus

Online
Redemptoris Missio by Pope Saint John Paul II
Why Believe in Jesus? Magis Wiki
Jesus Menu-EWTN
Jesus Christ page-Catholic Online

Print
Life of Christ by Fulton Sheen
To Know Jesus Christ by F. Sheen
Philosophy of Jesus by Peter Kreeft
Jesus of Nazareth trilogy by Pope Benedict XVI
‘You Did it to Me’ by Fr. Michael Gaitley

Other
Fan or Follower? by Jeff Cavins
Who Do You Say That I Am? By Fr. Robert Barron
Jesus of Nazareth
The Passion of the Christ
Discovering Christ

Catholicism

Online
Catholic Answers
Catholics Come Home
About: Catholicism
Crux: Covering All Things Catholic by John Allen Jr.
Lumen Gentium by Pope Paul VI

Print
Orthodoxy by GK Chesterton
On Being Catholic by Thomas Howard
Yours is the Church by Mike Aquilina
Why Be Catholic by Patrick Madrid
Catholicism Pure and Simple by Fr. Dwight Longenecker

Other
Why Be Catholic by Patrick Madrid
Seven Reasons to Be Catholic by Dr. Peter Kreeft
Finding the Fullness of the Faith by Steve Ray
Catholicism by Word on Fire Symbolon

Spirituality: Classics

Print
The Interior Castle by St. Teresa of Avila
The Dialogue of St. Catherine of Siena by St. Catherine of Siena
Dark Night of the Soul by St. John of the Cross
An Introduction to the Devout Life by St. Francis de Sales
Abandonment to Divine Providence by Jean-Pierre de Caussade
### THE RESOURCE LIST (cont.)

#### History and Culture

**Online**
- Decent Films
- Grace Before Meals
- The Catholic Table
- Curricula: Church History
- Gaudium et Spes

**Print**
- How the Catholic Church Built Western Civilization by T. Woods
- The Compact History of the Catholic Church by Alan Shreck
- The American Catholic Almanac by Brian Burch and Emily Stimpson
- Leisure, the Basis of Culture by Josef Pieper
- Seeds of the Word: Finding God in the Culture by Fr. Robert Barron

**Other**
- Epic: A Journey Through Church History
- Winning the Culture War
- Reaching Out to Today’s Culture
- Catholic Answers Focus

#### Virtue, Social Teaching, Ethics

**Online**
- Good Confession: Virtues
- The Art of Living by Dr. Edward Sri
- Caritas in Veritate by Benedict XVI
- USCCB: Catholic Social Teaching
- National Catholic Bioethics Center

**Print**
- Back to Virtue by Dr. Peter Kreeft
- The Virtues by Pope Benedict XVI
- The Saints and Social Justice by Brandon Vogt
- Reclaiming Catholic Social Teaching by Anthony Esolen
- The Sources of Christian Ethics by Servais Pinckaers

**Other**
- Seven Deadly Sins, Seven Lively Virtues by Fr. Robert Barron
- VirtueYOU program by Stillpoint

#### Your Domestic Church & Living the Liturgical Year

**Online**
- Catholic All Year
- Catholic Icing
- Catholic Culture
- Equipping Catholic Families
- Shower of Roses

**Print** (Domestic Church & Liturgical Year General)
- The Little Oratory by David Clayton and Leila Lawler
- The Domestic Church Room by Room: A Study Guide for Mothers by Donna-Marie Cooper O’Boyle
- Feast! Real Food, Reflections, and Simple Living for the Christian Year by Daniel and Haley Stewart

**Print (Liturgical Year: Specific Seasons)**
- 40 Days 40 Ways by Marcellino D’Ambrosio
- Characters of the Passion by Archbishop Fulton Sheen
- The Advent of Christ: Scripture Reflections to Prepare for Christmas by Dr. Edward Sri
- Joy to the World: How Christ’s Coming Changed Everything (And Still Does) by Scott Hahn

**Other**
- Keep Holy the Sabbath by Dr. Tim Gray
- My Beloved Son: Meditations for Lent by Fr. Robert Barron
- The True Meaning of Easter by Archbishop Fulton Sheen
- Prepare the Way of the King by Dr. Scott Hahn
- The True Meaning of Christmas by Archbishop Fulton Sheen

#### Spirituality: Modern Authors

**Print**
- Fulfillment of All Desire by Ralph Martin
- Searching for and Maintaining Peace by Fr. Jacques Philippe
- Deep Conversion Deep Prayer by Thomas Dubay
- Navigating the Interior Life by Dan Burke
- Consoling the Heart of Jesus by Fr. Michael Gaitley

#### Faith at Work

**Print**
- The Catholic Briefcase
- Faith at Work: Finding Purpose Beyond the Paycheck by K. Lowry
- Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction by Matthew Kelly

#### Youth and Young Adult

**Online**
- Real Life Catholic
- Life Teen
- Fellowship of Catholic University Students
- Young Catholic Professionals
- Chastity Project

**Print**
- Letters to a Young Catholic by George Weigel
- Made for More by Curtis Martin
- The Rhythm of Life by M. Kelly
- Absolut Relativism by Chris Stefanick
- Blessed Are the Bored In Spirit by Mark Hart

**Other**
- YDisciple
- Becoming the Best Version of Yourself by Matthew Kelly
- Contemporary Sainthood by M. Hart
- God of My Past, God of My Future by Mark Hart and Matt Smith
- How to Date Your Soul Mate by Jason Evert
## The Resource List (cont.)

### Love and Marriage, Defense of Marriage
**Online**
- Exceptional Marriages
- USCCB For Your Marriage
- Ruth Institute
- Retrovaille
- Hallie Lord

### Family and Parenting
**Online**
- Faith on the Couch blog by Dr. Greg Popcak
- Intentional Catholic Parenting
- Familiaris Consortio by Pope JPII
- Love is Our Mission: The Family Fully Alive by Archbishop Chaput

**Print**
- The Exceptional Seven Percent by Dr. Gregory Popcak
- When Divorce is Not an Option by Dr. Gregory Popcak
- Three to Get Married by Fulton Sheen
- Getting the Marriage Conversation Right by William May

### Sexuality, Chastity, & NFP
**Online**
- USCCB NFP Site Map
- Chastity Project
- The Porn Effect
- Humanae Vitae by Pope Paul VI
- Love & Responsibility by St. Pope John Paul II

**Print**
- Holy Sex by Gregory Popcak
- The Sinners Guide to Natural Family Planning by Simcha Fisher
- Delivered by Matt Fradd
- Sex Au Natural by Patrick Coffin

### For Women/Moms
**Online**
- Women in the New Evangelization (WINE)
- Blessed is She
- CatholicMom.com
- Women of Grace
- Great blogs for Women & Moms

**Print**
- The Handbook for Catholic Moms by Lisa Hendey
- Momnipotent by Danielle Bean
- Catholic Prayer Book for Mothers by Donna-Marie Cooper O’Boyle
- Created to Relate by Kelly Wahlquist
- Courageous Women by Stacy Mitch

**Other**
- Verily
- Endow
- Fountains of Carrots Podcast
- The Edel Gathering
- The Catholic View for Women

### For Men/Dads
**Online**
- Fathers for Good
- The Catholic Gentleman
- Knights of Columbus

**Print**
- Journey to Heaven by Randy Hain
- Christian Fatherhood by Steve Wood
- Be a Man! By Fr. Larry Richards
- Boys to Men by Curtis Martin and Dr. Tim Gray
- The Joys & Challenges of Family Life by Brandon McGinley

**Other**
- The Man Talk by Matt Fradd
- Crossing the Goal
- That Man is You

### Divorce and Annulment
**Online**
- Divorced Catholic
- Catholics Divorce

**Print**
- The Catholic’s Divorce Survival Guide by Rose Sweet
- Annulments and the Catholic Church by Edward Peters
- Annulments by Jimmy Akin

### Other
- 101 Quick Questions with Catholic Answers: Marriage, Divorce, and Annulment by Jim Blackburn
- The Catholic’s Divorce Survival Guide by Rose Sweet
- Holy Sex by Gregory Popcak
- The Sinners Guide to Natural Family Planning by Simcha Fisher
- Delivered by Matt Fradd
- Sex Au Natural by Patrick Coffin
- Spice Up Your Marriage: A 28-Day Adventure
- Contraception: Why Not? by Janet Smith
- Green Sex: The Case for Natural Family Planning by Jason Evert
- Detox by Jason Evert
THE RESOURCE LIST (cont.)

Mary and the Saints
Online
Catholic Online Saint Index
Marian Teachings from EWTN:
Apologetics, Devotions, and
Excerpts from Church Documents
The Mary Page from UDavyon Saints and Biographies Index

Print (from modern authors about the saints)
The World’s First Love: Mary, Mother of God by Fulton Sheen
33 Days to Morning Glory
Illustrated Lives of the Saints
Voices of the Saints: A 365-Day Journey with Our Spiritual Companions
Angels and Saints: A Biblical Guide to Friendship with God’s Holy Ones by Dr. Scott Hahn

Print (from the saints themselves)
True Devotion to Mary by St. Louis de Montfort
The Confessions of St. Augustine
The Diary of Saint Maria Faustina Kowalska
The Story of a Soul by St. Therese of Lisieux
The Life of St. Francis by St. Bonaventure

Other
Mary: A Biblical Walk with the Blessed Mother by Dr. Edward Sri
Praying the Rosary Like Never Before by Edward Sri
The Gospel Truth About Mary by Tim Staples
Mary of Nazareth
Footprints of God: Peter and Paul

Liturgy and Sacraments
Online
Real Presence Association
Ecclesia de Eucharistia by Saint Pope John Paul II
Sacrosanctum Concilium by Pope Paul VI
Good Confession Vocations

Print
Sacraments in Scripture by Dr. Tim Gray and Dr. Scott Hahn
Jesus Shock by Peter Kreeft
The Lamb’s Supper by Scott Hahn
Lord, Have Mercy by Scott Hahn
The Priest is Not His Own by Fulton Sheen

Other
A Biblical Walk Through the Mass by Edward Sri
Heroic Priesthood
The Mass Explained by Fr. Larry Richards
The Sacrament of Penance by Fr. William Casey
The Joy of the Priesthood by Dr. Scott Hahn

Pro-Life
Online
VirtueMedia
One More Soul Priests for Life Healing the Culture
Humanae Vitae by Pope Paul VI

Print
Persuasive Pro-life by Trent Horn
Adam and Eve After the Pill by Mary Eberstadt
Unplanned by Abby Johnson
Pro-Life Answers to Pro-Choice Arguments by Randy Alcorn

Other
Population Research Institute
Making the Case for Life, Horn
A Voice for the Unborn, Lila Rose
Contraception: Why Not? by Smith Pope Paul VI Institute

Prayer, Discernment, and Peace
Online
Catholic Spiritual Direction
Pray More Novenas
EWTN Prayers and Devotions Index
Letter…on Some Aspects of Christian Meditation by the CDF
A Primer on Peace by Msgr. Swetland

Print
Christian Prayer: Liturgy of the Hours Prayer for Beginners by Peter Kreeft
Searching for and Maintaining Peace by Fr. Jacques Philippe
Consoling the Heart of Jesus by Fr. Michael Gaitley
What Does God Want? by Fr. Michael Scanlan

Other
What Every Couple Should Know about Marriage and Prayer by Archbishop Fulton Sheen
Pray Like a Saint by M. Leonard
Discerning God’s Will, Fr. Richards
Deep Conversion, Deep Prayer by Fr. Thomas Dubay
Laudate App

Suffering
Online
Salvifici Dolores by Pope Saint JPII
What is God’s Answer to Human Suffering by Peter Kreeft
A Pope’s Answer to the Problem of Pain by Christopher Kaczor

Print
Making Sense Out of Suffering by Peter Kreeft
The Problem of Pain by C.S. Lewis
Amazing Grace for Those Who Suffer by Jeff Cavins and Matthew Pinto
John Paul II and the Meaning of Suffering by Robert Shroeder
Love is Stronger than Death by Kreeft

Other
Love Hurts: The Truth Behind Redemptive Suffering by M. Leonard
15 Things to Do in the Midst of Suffering by Jeff Cavins
The Spirituality of Pain by Fr. Robert Barron
If you have enjoyed this resource guide, please let others know about it. Anyone can easily access this free guide at CatholicKatie.com. If you are looking for resource recommendations in a category I haven’t mentioned here, feel free to contact me through my website and request resources on a certain subject. Your resource request may end up being featured on the site or on one of my social media outlets. Thank you for understanding that, though I wish I could, I am unable to answer all requests for recommendations, but I try and do for some what I wish I could do for all.

If you are author, distributor, or promoter of a resource not mentioned on this list, I encourage you to promote it by tagging me @CatholicKatie on Twitter or by sharing it with my followers on my Facebook page.

If you want to keep receiving helpful resources, tips, tools and strategies for making small steps toward a more intentional personal and family spiritual life, make sure to follow me on Facebook and Twitter. If you are interested, you can also read other articles and features I have written at the National Catholic Register or the Integrated Catholic Life.

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KATIE WARNER

I’m a wife, stay-at-home mother, author, speaker, and evangelist, who helps inspire and practically guide others to take small but transformative steps to grow in holiness in their personal and family lives. I am a correspondent for the National Catholic Register, a writer for the Integrated Catholic Life, and a presenter for the Augustine Institute’s acclaimed Symbolon and Opening the Word faith formation programs. I work part-time for the media apostolate, Catholics Come Home, which produces high-quality, inspiring TV commercials inviting people home to the Catholic Church. My favorite ministry work, however, is family life. My book on spiritual leadership, titled Head & Heart, is soon to be released by Emmaus Road Publishing.