



Spiritual Director Connects Life Experiences to Developing Christ-Shaped Character

Why are stories important to developing Christ-shaped character?

Helen Cepero: I want to help my readers see their own stories within the context of the larger story of God. How all things – difficult, hard, happy, surprising, uncomfortable or strange – can be part of forming us into disciples, followers of Jesus. I begin with ordinary stories from my life, so that my readers can see how their own stories are meant to teach them about their walk with Christ. Then through our stories – through biblical scripture and through spiritual practice – what it might look like to be formed in Christ. My experience is simply the jumping off point for my readers to examine their own lives and the ways that God supports their lives in Christ and the ways they can cooperate with the Spirit. My wisdom is a pathway for the readers to access their own inner wisdom and find their way home to a richer life in Christ.

*Christ-Shaped Character:
Choosing Love, Faith and Hope*

May 2014

\$16, 185 pages, paper

978-0-8308-3582-9

"Helen's unique ability to tell her story with such vulnerability and ask penetrating, grace-filled questions creates a safe environment for the personal work of the Spirit in one's life. Thank you for opening yet another door for a healthy and holy journey into God's presence."

– Rev. Mark A. Novak,
Ordered Ministry, Evangelical
Covenant Church

What is at the heart of *Christ-Shaped Character*?

Helen: I highlight the formation of character in Christ along three pathways – love, faith and hope. The Apostle Paul writes, "And now these three remain: faith hope and love. But the greatest of these is love." (I Corinthians 13:13) I begin with love because without love both faith and hope falter. Each chapter takes the readers more deeply into the pathway of these virtues or character traits of God's kingdom. In every chapter there is an opportunity for self-discovery, a suggested spiritual practice to grow into this area of love or faith or hope, and some fruits from living our Christians lives in the context of this virtue.

What is your hope for *Christ-Shaped Character*?

Helen: The book allows the reader not just to know that Christian character is important; but to see how it might unfold and to choose this way of living life, a full life in Christ. While I hope the book is intellectually and theologically satisfying, the intent is a more heart-centered shift in perspective, attitude and behavior. I want my readers to

- understand how love and faith and hope can deepen in their lives through personal and biblical reflection and spiritual practice;
- see the connection between life experience, self-awareness, practice and the development of Christian character;
- reflect on how they might cooperate with God's Spirit within them and in the world around them; and
- learn to discern the movement toward God in their lives.

 INTERVARSITY PRESS

Visit ivpress.com/media



FOR MORE INFORMATION AND TO SCHEDULE AN INTERVIEW CONTACT:

Krista Carnet, broadcast publicity, at 800.843.4587 ext. 4013 or kkcarnet@ivpress.com
Alisse Wissman, print publicity, at 800.843.4587 ext. 4059 or awissman@ivpress.com
Adrianna Wright, online publicity, at 800.843.4587 ext. 4096 or awright@ivpress.com
ivpress.com/formatio