

*Sensible Shoes Study Guide*  
**Available November 2017**  
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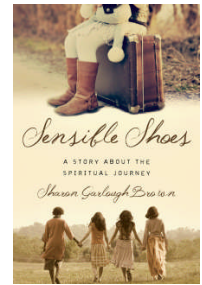
*Sensible Shoes Study Guide* includes twelve weeks of daily Scripture reading, prayer, and reflection questions (five days a week) that correspond to the disciplines the women practice in the book. A group discussion guide concludes each week. Engaging the lives of these characters in their spiritual journeys will offer both a window and a mirror into your own life and relationship with Christ.

## InterVarsity Press Introduces Study Guide for Sensible Shoes Series.

*In this series, which begins with the bestselling book Sensible Shoes, author Sharon Garlough Brown invites you to join in the journeys of Hannah, Meg, Mara, and Charissa as they – and you – gain a new understanding of friendship, spiritual truths, and a deeper life with God.*

### ***Sensible Shoes: A Story about the Spiritual Journey***

In *Sensible Shoes* you will meet four women as they reluctantly arrive at a retreat center and embark together on a journey of spiritual formation. They find themselves drawn out of their separate stories of isolation and struggle and into a collective journey of spiritual practice, mutual support, and personal revelation. Hannah, is a pastor who doesn't realize how exhausted she is; Meg, is a widow and recent empty-nester who is haunted by her past; Mara, is a woman who has experienced a lifetime of rejection and is now trying to navigate a difficult marriage; and Charissa, is a hard-working graduate student who wants to get things right.



*"If you're a spiritually inclined person, I think you'll really love it. It's about four women, every one of them coming from a different place spiritually. But all of them in need of a fresh cup of mercy. . . . So it's terrific. I highly recommend it."*

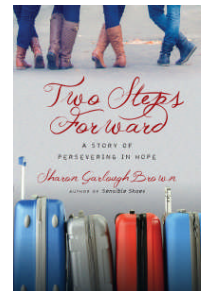
– **Kathie Lee Gifford**, NBC's *Today*, March 11, 2013

### ***Two Steps Forward: A Story of Persevering in Hope***

We continue the journey as the women face roadblocks in the second book, *Two Steps Forward*. Sometimes life feels like two steps forward and one step back, but there is always hope.

*"Once again, Sharon Brown has provided an inspirational story that allows readers to shadow four women as they continue their spiritual journey. Each facing specific challenges, the friends learn that God is with us, even now, even here, in the midst of our own mess. With a powerful companion guide for prayer and conversation, this book is ideal for anyone dealing with loss, abuse, fear, anxiety, or insecurities. It reminds us all with a gentle touch that we are born in the image of God and we are worthy of being loved."*

– **Julie Cantrell**, *New York Times* bestselling author of *Into the Free* and *The Feathered Bone*



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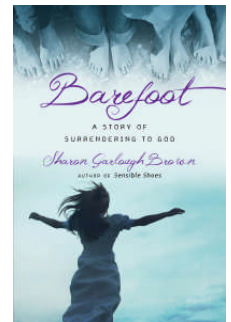


Sharon Garlough Brown is a spiritual director and cofounder of Abiding Way Ministries, providing spiritual formation retreats and resources. Her book *Sensible Shoes* was named one of television personality Kathie Lee Gifford's "favorite things" in March 2013. Sharon earned an MDiv from Princeton Theological Seminary. She and her husband, Jack, have served congregations in Scotland, Oklahoma, England, and West Michigan.

[SensibleShoesClub.com](http://SensibleShoesClub.com)

### ***Barefoot: A Story of Surrendering to God***

The spiritual journey takes unexpected turns for the women of *Sensible Shoes* in this third book of the series. Having been challenged to persevere in hope, can they now embrace the joy of complete surrender? Join the women of the Sensible Shoes Club in a poignant story that reveals the joy that comes from laying our lives at the feet of God and standing barefoot on holy ground.



*"During a difficult year of loss in my own life, I found great comfort in this fictional tale of four friends with true-to-life faith. The way they relate with Christ and one another in grief, disappointment, celebration, and joy served as a kind companion to me personally, as well as a creative reminder of some of my favorite spiritual practices."*

**-Emily P. Freeman**, author of *Simply Tuesday*

### ***An Extra Mile: A Story of Embracing God's Call***

The women of *Sensible Shoes* are navigating both deep joy and devastating loss. Can they find equilibrium in the midst of all that has changed?

**Mara:** While faced with the turmoil of divorce and chaos at home, she is also listening for a call to serve others with courage and creativity.

**Hannah:** As she grieves the losses of her dear friend and her Chicago ministry position, she also begins to embrace the joys and challenges of a new marriage.

**Charissa:** Overwhelmed by her pregnancy and the demands of her teaching schedule, she is in need of even more grace for herself and others.

**Becca:** Bereft, and filled with regrets, can she find hope for the future and a way home?

In this final installment of the Sensible Shoes series, you're invited to travel with these beloved friends as they endure trials that test their trust and their willingness to walk an extra mile.

