



Sunday Q&A

Your Faith in Focus

READ ALL ABOUT IT!

What are some classic books that I should read beyond Scripture? Will I be able to understand them if I'm not a theologian?

Many Catholics aspire to read great books—the kind written by the saints themselves—but aren't sure where to start or quite how to approach them. We have recommendations on what to read, along with information on a great resource that can help you to dive in!

Three Classic Reads for Catholics

Many great books written throughout the Church's history can be a big help to Catholics who want to grow in their Faith. A number of them were written by saints. We recommend you read these three first.

These books are the first three in Ascension's *Catholic Classics* series. That means they are available in audio podcast format with relatable commentary to help you through them.

1. *Introduction to the Devout Life* by St. Francis de Sales

St. Francis de Sales originally wrote this book as a letter to his cousin, a laywoman seeking to live a faithful and holy life. Because of this, St. Francis' advice is highly relevant today for people living in the real world seeking to grow in their own spiritual life.

2. *Confessions* by St. Augustine

St. Augustine's *Confessions* may be the number-one classic book beyond Scripture itself. It is an autobiography written at a time when no one was writing autobiographies. St. Augustine tells his story but also ponders and discusses the depth and richness of the Catholic faith. In many ways, St. Augustine, a sinner turned saint, is highly relatable, even to our own modern experience.

3. *The Story of a Soul*, St. Thérèse's autobiography

In many ways, the life of St. Thérèse of Lisieux is not particularly remarkable. She entered a convent at the age of fifteen, stayed there, and died of tuberculosis at twenty-four. Why is she the most popular saint of modern times? Read her book to find out! St. Thérèse of the Child Jesus is also a Doctor of the Church because of her great depth, simplicity, and spiritual genius. So many souls have fallen in love with Thérèse by reading this book. It is well worth a read.

Ponder and Pray

- What is the most life-changing book you have ever read?
- Which of these three books interests you the most and why?

Make It Your Own

Make time for spiritual reading this week, whether it is one of the books mentioned in this *Sunday Q&A* bulletin or another book—maybe one you already have waiting for you at home. Use this reading log to help you stay on task.

Book selected:

Day	Pages read	What stood out	A quote I want to remember

Dive Deeper

To learn more, scan the QR code or visit <https://ascensionpress.com/pages/catholicclassics>

