

[PDF] Introverts In The Church: Finding Our Place In An Extroverted Culture

Adam S. McHugh - pdf download free book



Books Details:

Title: Introverts in the Church: Fin

Author: Adam S. McHugh

Released: 2009-10-27

Language:

Pages: 222

ISBN: 0830837027

ISBN13: 978-0830837021

ASIN: 0830837027

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pdf, mobi, epub, azw, kindle

Description:

Review "For the longest time, I've considered my wiring as an introvert a thorn in my side. After spending time engaging with others, I felt so empty and overwhelmed . . . and lonely. With my calling as an author and pastor requiring me to publicly speak and consult, I wondered if I misunderstood my place in this world. In Introverts in the Church, Adam brings a voice to those of us who often trade ours in for a little bit of respite. This is not only a needed resource for introverts;

all leaders need to read *Introverts in the Church* for a better understanding of how introverts can lead, how they follow and how they refresh." (Anne Jackson, pastor, blogger and author of *Mad Church Disease: Overcoming the Burnout Epidemic*)

"As an author and consultant, I have seen firsthand the struggles that introverts face in a society built for extroverts. But I have also seen how powerful introverts can be once they embrace the gifts of a quiet and thoughtful temperament. In this deeply felt and beautifully reasoned guide for introverts in the church, pastor Adam McHugh shows the way for introverted Christians to find peace within themselves and their community." (Susan Cain, author of *Quiet: The Power of Introverts in a World That Can't Stop Talking*)

"As an introvert who has experienced both the strengths and weaknesses of my temperament, I appreciate the way McHugh goes well beyond the facile stereotypes and conclusions of armchair psychologists. If you've ever felt vaguely sinful for not being a gregarious Christian I suggest you spend some quality time alone with a copy of *Introverts in the Church*." (Don Everts, minister of outreach, Bonhomme Presbyterian Church, Chesterfield, Missouri, and author of *I Once Was Lost*)

"As a fellow introvert, I well know the tension, irony and even contradiction of being in vocational ministry where public speaking and being with people are major and vital parts of our roles. This book puts together extremely helpful thinking to better understand who we are and how to navigate and celebrate being introverted and in leadership in an extroverted world." (Dan Kimball, author of *They Like Jesus but Not the Church*)

"Introverts, take heart! As an introvert myself--an off-the-chart 'I' on the Myers-Briggs--I find certain aspects of church life, like speaking to other human beings every Sunday, really taxing. McHugh thoughtfully explores the gifts introverts bring to the church, and he considers both how introverts can live well in the church and how churches can be more hospitable to us." (Lauren F. Winner, Duke Divinity School, author of *Girl Meets God*)

"At last a book for and about introverts in ministry, and a wonderful book it is! McHugh unpacks the challenges and characteristics of the introvert leader in a ministry world designed for extroverts. He offers practical guidance for developing as a leader, evangelizing, joining a community, preaching and becoming spiritually mature in Christ. The book not only helps introverts, but it can serve as a great resource for extroverts who lead, coach, mentor or relate to introverts." (MaryKate Morse, author of *Making Room for Leadership*, and an introvert)

"This is a book that all leaders in the church should read! It made me realize that I owe an apology to all the introverts whose insights and contributions I have not understood or have overlooked. McHugh's perceptions are crucial for churches in our extremely extroverted society--we are missing some of God's best treasures for Christ's body. I highly recommend this book to everyone who wishes more thoroughly to understand the Holy Spirit's creation of a diversity of personalities and gifts." (Marva J. Dawn, teaching fellow in spiritual theology, Regent College, Vancouver, British Columbia, and author of *My Soul Waits*, *Keeping the Sabbath Wholly* and *In the Beginning, GOD*)

"What a timely and badly needed book! *Introverts in the Church* will encourage thousands of Christians who have felt as if they don't quite fit. It will help them find their rightful place in Christian community, so that their gifts might be well used in the work of the kingdom. This book will also help churches to be a place where all people can flourish as disciples of Jesus. Adam McHugh has given us a precious gift through his openness, theological soundness and godly wisdom." (Dr. Mark D. Roberts, senior director and scholar-in-residence, Laity Lodge)

"Adam is addressing a huge number of folks in the church. Read it and heal." (John Ortberg, author, senior pastor, Menlo Park Presbyterian Church)

About the Author Adam S. McHugh (Th.M., Princeton Theological Seminary) is an ordained Presbyterian minister, a spiritual director and an introvert. He has served at two Presbyterian churches, as a hospice chaplain and as campus staff with InterVarsity Christian Fellowship. He and his wife live in California.

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