Kreeft's "Practical Theology: Spiritual Direction From St. Thomas Aquinas: 358 Ways Your Mind Can Help You to Become a Saint from the Summa Theologiae" (Book Review)

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Since Naylor’s mission service was directed toward education and creation care, this is not a typical missionary biography. The account is infused with Naylor’s Christian faith, yet there is little overt Christian content. This book would be a worthwhile addition for Middle Eastern studies, environmental science, and cross-cultural orientation collections. The final chapter, describing the Naylor family’s adjustment to their “home” culture after their return to England, would be useful reading for missionary families preparing for reentry.

Practical Theology: Spiritual Direction From St. Thomas Aquinas: 358 Ways Your Mind Can Help You to Become a Saint from the Summa Theologiae,
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St. Thomas Aquinas continues to be admired by many Christian readers. Many readers feel intimidated by the size and style of the Summa Theologiae. Peter Kreeft has spent a lifetime of reading and teaching St. Thomas Aquinas. Kreeft has written an earlier book, Summa of the Summa, in which he chooses key philosophical passages of the Summa and adds commentary to it. Kreeft’s goal is to provide helps for the inexperienced reader of Aquinas. In his new book, Practical Theology: Spiritual Direction from St. Thomas Aquinas, he seeks to provide small, bite-size portions of Aquinas for the beginning reader with commentary on what it means. It is divided into 358 readings. His purpose is to balance his earlier book of mostly philosophical passages with this book emphasizing theological passages.

Practical Theology covers many theological subjects that will be of interest to Christian readers. These bite-size readings are meant to help readers as they journey to their ultimate end, union with God. The readings are meant to act as a spiritual director for a reader. It is like the reader is meeting with St. Thomas Aquinas for 350+ sessions. These readings include such topics as reason, faith, evil, the moral life, free will, predestination, and many more topics. Kreeft does a great job of making Aquinas understandable to the beginning reader. This book is recommended to both new and old readers of Aquinas.