

Spiritual Readiness Series

Spiritual Readiness: A Survival Guide for the Christian Believer in an Age of Disbelief

(Amazon Kindle, 2023, 166 pages; revised 2-20-24)

There is a spiritual crisis going on in America and around the world during this age of disbelief. Christian believers of all denominations (Protestant, Catholic, Orthodox) are under attack like never before. Faith in God has dramatically declined in the U.S., especially among young adults. New gods have taken God's place. While false gods are not new and have throughout history sought to replace the one God, it is now more acceptable for people to be vocal about and encourage worship of these other gods, which can be done readily through the Internet and social media. This book is a response to that attack on faith. The purpose here is to provide guidance on how Christian believers' faith can survive, ready to face whatever difficulties and challenges being faced now or in the future. If you want your faith strengthened so that you can endure marginalization, discrimination, and exclusion, then this book is for you. Achieving and maintaining spiritual readiness is by no means easy. The path is indeed a narrow one, as the founder of the Christian faith emphasized. While not easy, the rewards promised are great both in this life and the next. Come join Dr. Koenig on this journey to becoming a spiritually ready Christian believer. It is a trip you will not regret, whether you are a believer, have questions, or are a non-believer with an open mind. Available for \$8.99 (paperback and Kindle) at <https://www.amazon.com/Spiritual-Readiness-Survival-Christian-Disbelief/dp/B0CP42X91N/>.

Spiritual Readiness: A Survival Guide for LGBTQ Christian Believers

(Amazon Kindle, 2024, 183 pages)

Approximately one-third of LGBTQ adults say that they experience a conflict between their religious beliefs and sexual orientation or gender identity. Being both religious and a sexual minority can cause *religious stress*, the psychological conflict that a person who identifies as a sexual minority may experience from their religious or spiritual beliefs. This religious stress may be worsened by the stigmatization imposed on persons who identify as LGBTQ due to negative attitudes towards them by certain religious groups. LGBTQ persons who are also Christian believers (Protestant, Catholic, or Orthodox) are under attack not only for their sexual identity, but also for their religious faith. This book is a response to that attack. The purpose here is to provide guidance on how a LGBTQ Christian believer's faith can survive, despite external and internal persecutions, ready to face whatever difficulties and challenges lie ahead. If you want your Christian faith strengthened so that you can endure stigma, discrimination, and exclusion due to your sexual identity and your faith, then this book is for you. Come join me on this journey to becoming a spiritually ready LGBTQ Christian believer. Available for \$7.99 (paperback and Kindle) at <https://www.amazon.com/dp/BOCZ3S6SZ1/>.

Spiritual Readiness: A Survival Guide for the Jewish Believer in an Age of Disbelief

(Amazon Kindle, 2024, 166 pages; revised 3-1-24)

Judaism is one of the world's oldest monotheistic religions, if not the oldest, dating back nearly 4000 years. Belief in one G-d is the central belief of this religion. But, there is a spiritual crisis going on in America and in Israel during this age of disbelief. Jewish believers of all traditions (Reform, Conservative, Orthodox) are under attack like never before. Faith in G-d has dramatically declined in the U.S. (as well as in American Jews) and Israel, especially among young adults. New gods have taken G-d's place. While false gods are not new and have

throughout history sought to replace the G-d of Abraham, Isaac, and Jacob, it is now more acceptable for people to be vocal about and encourage worship of these other gods, which can be done readily through the Internet and social media. This book is a response to that attack on faith. The purpose here is to provide guidance on how Jewish believers' faith can survive, ready to face whatever difficulties and challenges being faced now or in the future. The increasing intensity of the Israeli-Palestinian conflict has only increased the need for faith to cope with all that is happening. If you are Jewish and want your faith strengthened so that you can endure the intense stressors of these times, including marginalization, discrimination, and exclusion, then this book is for you. Achieving and maintaining spiritual readiness is by no means easy, but in it is hope. Although the path is indeed narrow, and not an easy one, the rewards promised in Scripture are great. Available for \$8.99 (paperback and Kindle) at

<https://www.amazon.com/Spiritual-Readiness-survival-believer-disbelief/dp/B0CRQG7Y8K/>.

Spiritual Readiness: A Survival Guide for the Muslim Believer in an Age of Disbelief

(Amazon Kindle, 2024, 163 pages, revised 3-1-24)

Religious beliefs are declining in the United States and in many Muslim countries around the world during this age of disbelief. Muslim believers are under attack like never before. New gods have taken God's place. While false gods are not new and have throughout history sought to replace the one true God, it is now more acceptable for people to be vocal about and encourage worship of these other gods, which can be done readily through the Internet and social media. This book is a response to that attack on faith. The purpose here is to provide guidance on how the Muslim believer's faith in God can survive, ready to face whatever difficulties and challenges may be encountered. If you are Muslim and want your faith strengthened so that you can endure marginalization, discrimination, and exclusion, then this book is for you. Achieving and maintaining spiritual readiness is by no means easy. The path is indeed a narrow one. While not easy, the rewards promised in the Qur'an are great both in this life and the next. Available for \$8.99 (paperback and Kindle) at <https://www.amazon.com/Spiritual-Readiness-Survival-Believer-Disbelief/dp/B0CR6TM4W3/>.

Spiritual Readiness: A Survival Guide for the Hindu Believer in an Age of Disbelief

(Amazon Kindle, 2024, 178 pages, revised 3-1-24)

Hinduism is one of the world's oldest and most complex religions, dating back more than 5000 years in India. Most (94%) of the nearly 1.1 billion Hindus in the world live in India, the country with the world's largest population (1.43 billion). Nearly 3.4 million Hindus live in the United States, making up 0.7% of all Hindus worldwide. Hindu beliefs, however, are coming under attack by a "progressive" secular culture whose influence is growing both in the U.S. and in India during this age of disbelief. Faith in God has dramatically declined in the U.S. over the past 20 years, especially among young adults. New gods have taken God's place. While false gods are not new and have throughout history sought to replace Brahman, the Supreme God, it is now more acceptable for people to be vocal about and encourage worship of these other gods, which can be done readily through the Internet and social media. This book is a response to that attack on traditional Hindu faith. The purpose here is to provide guidance on how Hindu believers' faith can survive, ready to face whatever difficulties and challenges both now and in the future. If you are Hindu and want your faith strengthened so that you can endure the intense stressors of these times, including marginalization, discrimination, and exclusion, then this book is for you. Achieving and maintaining spiritual readiness is by no means easy, but in it is hope

for a flourishing life. Although the pathway to God and freedom from rebirth described in the Bhagavad-Gita is indeed narrow, and not an easy one to follow, the rewards promised are great: peace and joy in this life as the believer comes to God and the eternal peace of nirvana afterward. Come join me on this journey to becoming a spiritually ready Hindu believer. It is a trip you will not regret. Available for \$7.84 (paperback and Kindle) at <https://www.amazon.com/dp/B0CVQ59D4N/>.

Spiritual Readiness: A Survival Guide for the Buddhist Believer in an Age of Disbelief
(Amazon Kindle, 2024, 197 pages)

Buddhism, with its roots in Hinduism, is one of the world's oldest religions, dating back nearly 2500 years. Today, there are more than one-half billion Buddhists in the world, making up 7-8% of the world's population. Nearly half of all Buddhists (46%) live in China, while the remainder live in Cambodia, Thailand, Burma or Myanmar, Bhutan, Sri Lanka, Laos and Mongolia (all Buddhist majority countries). Nearly 4 million Buddhists live in the United States, making up about 1% of all Buddhists worldwide. Buddhist beliefs in the US and other countries such as China are coming under attack by a "progressive" secular culture whose influence is growing worldwide during this age of disbelief. Spiritual Readiness is a response to that attack on traditional Buddhist beliefs. The purpose here is to provide guidance on how Buddhist believers' faith can survive, ready to face whatever difficulties and challenges both now and in the future. If you are Buddhist and want your faith strengthened so that you can endure the intense stressors of these times, including marginalization, discrimination, and exclusion, then this book is for you. Achieving and maintaining spiritual readiness is by no means easy, but in it lies the hope for a flourishing life. Although the pathway described in the Buddha's teachings is indeed a narrow one, and the Dhamma way is not easy to follow, the rewards promised are great: peace, joy, and freedom from suffering in this life and the eternal peace afterward. Available for \$8.99 (paperback or Kindle) at <https://www.amazon.com/dp/B0CXHZ1DF7/>.

Spiritual Readiness: A Survival Guide for the Non-Believer
(Amazon Kindle, 2024, 112 pages)

Life is not easy for anyone, including those who do not believe in God or other divinities. Non-believers may, in addition to grappling with the usual challenges in life, often have to deal with trials and persecutions related to their non-belief. Non-believers trust in their own abilities and in what they can see, feel, and touch. Non-believers rely on their own resources and the resources of their family and community to cope with life and make sense of it. Their focus is on the public good, the search for truth through science, this life (since that is all there is), ethics, and justice. This book focuses on how the non-believer can become spiritually ready in order to survive and thrive during the current confusing and often chaotic age we live in. The core of that spiritual readiness involves (1) developing a pattern of moral and ethical choices to live by and (2) establishing the right priorities to hold fast to (family, physical health, work, community activism). Although this pathway is a narrow one that requires great effort and self-discipline, there is no better way for a non-believer to flourish in a life characterized by peace, purpose, and hope. Available for \$7.00 (paperback and Kindle) at <https://www.amazon.com/Spiritual-Readiness-Survival-Guide-Non-Believer/dp/B0CTC27JNF/>.

Spiritual Readiness: A Survival Guide for Pastors

(Amazon Kindle, October 2023, 216 pages)

This is a book for pastors (Protestant, Catholic, Orthodox) to help them navigate through the many challenges they face in today's world. It begins with a description of the crisis that the church is now facing in the United States, and a discussion of the crisis that is also happening among American clergy, as church membership and attendance are declining. The job of the pastor is then detailed, describing 22 challenges he or she is likely to be dealing with, from job stress to burnout to mental and physical health problems to marital and family problems to shrinking congregations to financial difficulties (personal/church), and much more. 'Spiritual Readiness' is then defined and its relationship to 'Human Flourishing' examined, doing so through a causal model that has 'holiness' at the center. Suggestions are then provided on how to address the 22 challenges discussed earlier as part of a pathway toward becoming a 'Spiritually Ready Pastor.' This is followed by a discussion of how to produce and sustain a 'Spiritually Ready Family' and a 'Spiritually Ready Church.' This book will help the 21st century pastor, their family, and church overcome the many obstacles to spiritual readiness in order to thrive in the likely turbulent days ahead." Available for \$9.99 at <https://www.amazon.com/dp/B0CLGD5C9K> (Paperback) and <https://www.amazon.com/dp/B0CLHYKYGQ> (Kindle version).

Spiritual Readiness: Essentials for Military Leaders and Chaplains

(Amazon Kindle, 2022, 286 pages)

Spiritual readiness (SR) is the strength of spirit that enables the warfighter to accomplish the mission with honor. Maintaining SR is essential for members of the U.S. Armed Forces and their allies in order to keep the peace and, when necessary, win wars. SR influences all other aspects of warrior readiness – psychological, social, behavioral, and physical. Intended for military leaders, military chaplains, and VA chaplains, this book reviews concerns about warrior readiness, concerns underscored by widespread reports of mental health problems and lack of psychological, social, and behavioral fitness. The book discusses how to measure SR to establish a baseline and then track over time. Non-religious and religious sources of SR are then examined from Eastern, Indic, and Abrahamic faiths. Human flourishing is defined and examined in relationship to warrior readiness. The relationship between SR and human flourishing is then explored, illustrated by a theoretical causal model. Systematic quantitative research is then reviewed that explores how religious involvement affects both (a) the pathways that lead to human flourishing and (b) human flourishing itself. The question of who is responsible for building and sustaining SR in the military is then addressed (government decision-makers, military leaders, behavioral health specialists, medical providers, and especially, military chaplains), followed by a series of chaplain interventions designed to prevent or treat emotional problems that diminish SR. The book concludes with a series of practical recommendations for military leaders to enhance SR among those under their command. Available on Amazon Kindle for \$0.99 and paperback for \$7.22. Go to <https://www.amazon.com/Spiritual-Readiness-Essentials-Military-Chaplains/dp/B0BBY2JLXB>.