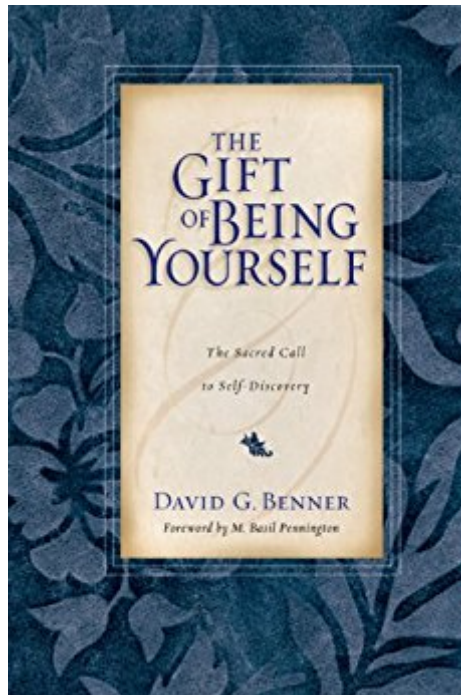


The book was found

The Gift Of Being Yourself: The Sacred Call To Self-Discovery



Synopsis

Recipient of the Award of Merit in the Personal Growth/Individual Category of The Word Guild 2005 Canadian Christian Writing Awards!"Grant, Lord, that I may know myself that I may know thee."
"AugustineMuch is said in Christian circles about knowing God. But Christians throughout the ages have agreed that there cannot be deep knowledge of God without deep knowledge of the self. Discerning your true self is inextricably related to discerning God's purposes for you. Paradoxically, the more you become like Christ, the more you become authentically yourself. In this profound exploration of Christian identity, psychologist and spiritual director David G. Benner illuminates the spirituality of self-discovery. He exposes the false selves that you may hide behind and calls you to discover the true self that emerges from your uniqueness in Christ. Freeing you from illusions about yourself, Benner shows that self-understanding leads to the fulfillment of your God-given destiny and vocation. "Christian spirituality," writes Benner, "involves a transformation of the self that occurs only when God and self are both deeply known." The self is not God, but it is the place where you meet God. Genuine self-knowledge revitalizes your spiritual life and opens the door to becoming who God has created you to be. Rest assured, you need not try to be someone you are not. But you will deepen your experience of God through discovering the gift of being yourself.

Book Information

File Size: 452 KB

Print Length: 124 pages

Publisher: IVP Books (September 20, 2009)

Publication Date: September 20, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B00APKGLV2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #40,433 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29 in Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery #40 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Personality #64

inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Christian Living > Self-Help

Customer Reviews

"The Gift of Being Yourself" is an exceptional investigation of the subject of self-identity. The author, David Benner, is able to masterfully bridge the Biblical paradox of death-to-self and self-discovery. He writes, "For if we find our true self we find God, and if we find God, we find our most authentic self." We don't find our true self by seeking self-identity but by seeking God. Benner sees our identity not as a creation but as a discovery and as a gift from God. By discovering and living our uniqueness, we fulfill our destiny. The purpose of the book is to assist people in the transformational journey of becoming their true self in Christ and living out the vocation that this involves. To do so we must know ourselves as known by God. In knowing ourselves and knowing God we can experience the gift of being ourselves. The author contends that through self-deception, we tend to confuse our true self with some ideal self we wish we were. We adopt a mask that portrays us differently than who we authentically are. Self-discovery is not to escape reality but to commit to it. We must decide to accept what is really there and accept ourselves as we are and accept God as He is, not how we would want each to be. Spiritual transformation does not result from fixing our problems. Our sin nature is not self-fixable. Instead, spiritual transformation results from turning to God in the midst of our problems and meeting God just as we are. It starts by coming to know God. If we come to know God, we come to know love, and to love God is to know God. It's not simply knowing about God, but it is personally meeting God in Jesus.

[Download to continue reading...](#)

The Gift of Being Yourself: The Sacred Call to Self-Discovery Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Sacred Path Cards: The Discovery of Self Through Native Teachings 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills Time to Get Things Done: Beat Procrastination, Stop Being Lazy, Take Actions, and Master Your Life in 24 Hours (2nd Edition) (Organize Yourself, Organize ... Self Organization, To Do List Book 6) The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem Iyanla Live!: Self-Value, Self-Worth, Self-Love How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect Covered Call Cash - Using Call Options to Create Your own ATM - (Stocks For Rent™) Follow Me: A Call to Die. A Call to Live. Max Lucado: CBA Edition -

3-in-1 Compilation - And the Angels Were Silent, No Wonder They Call Him Savior, The Gift for All People: Reflections on the Savior Discovery Kids Dinosaurs Rumble Sound Book (Discovery 10 Button) Moo on the Farm (Discovery Kids) (Discovery 10 Button) Roar at the Zoo Sound Book (Discovery Kids) (Discovery 10 Button) The Revolutionary War Discovery Kit (Dover Discovery Kit) Discovery of the Americas, The (Discovery of the Americans) Ultimate Dinosaurs Encyclopedia w/DVD (Discovery Kids) (Discovery Book + DVD) Discovery Channels Dinosaurs & Prehistoric Predators (Discovery Channel Books) Ultimate Sharks Encyclopedia w/DVD (Discovery Kids) (Discovery Book+dvd) Growl with the Animals! (Discovery Kids) (Discovery Kids 10 Button)

[Dmca](#)