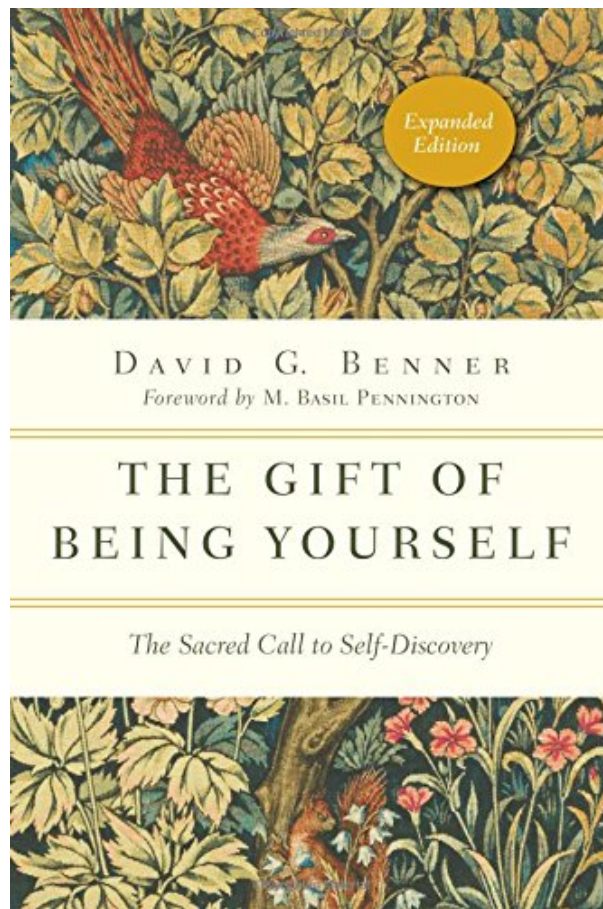
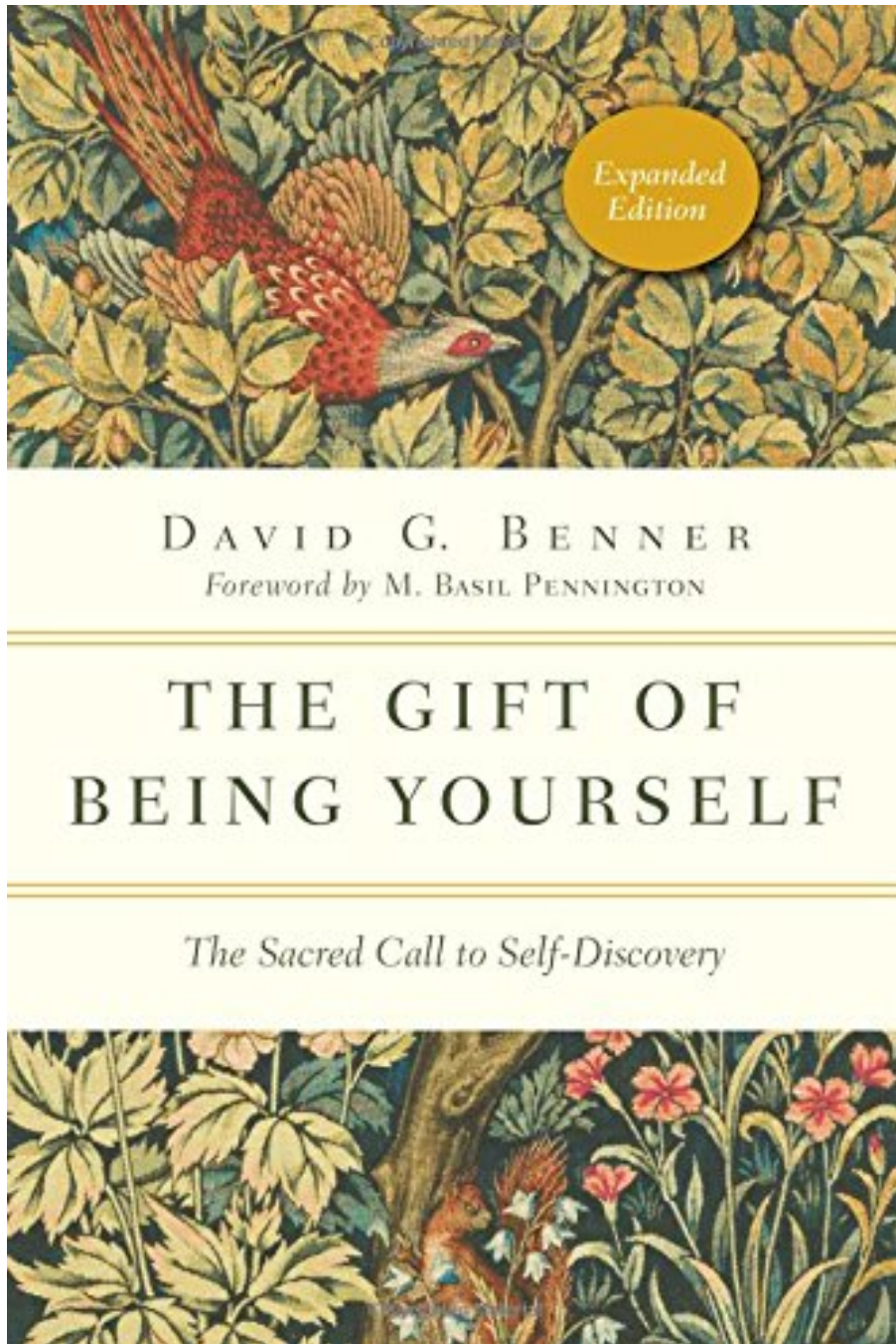


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SACRED CALL TO SELF-DISCOVERY
(SPIRITUAL JOURNEY) BY DAVID G.
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"Grant, Lord, that I may know myself that I may know thee." ?Augustine Much is said in Christian circles about knowing God. But Christians 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. 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. This expanded edition, one of three titles in The Spiritual Journey trilogy, includes a new epilogue and an experiential guide with questions for individual reflection or group discussion.

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The Gift of Being Yourself (2004) by David Benner is a useful little book for those interested in understanding themselves. Benner is a professor of psychology and spirituality who is interested in understanding more than just behavioral change. In this book, he explores John Calvin's dual maxim that as Christians we must come to know God and come to know ourselves. Although this book dedicates a chapter to the former as a necessary requisite for the latter, the majority of the book is committed to helping the reader explore issues of self understanding, which is best accomplished by knowing how we relate to God. In particular, there is a clear call to knowing yourself as one deeply loved by God. Once you realize yourself as one deeply loved, you can then begin to explore your true self--not the self you want others to see--but who you truly are. This book provides some practical ways to begin this journey. It is readable, engaging, and important.

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By Bekah Davis

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