



*Expanded
Edition*

DAVID G. BENNER

Foreword by M. BASIL PENNINGTON

THE GIFT OF BEING YOURSELF

The Sacred Call to Self-Discovery



David G. Benner

The Gift of Being Yourself: The Sacred Call to Self-Discovery (Spiritual Journey)



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"Grant, Lord, that I might know myself that I might know thee. But you will deepen your experience of God through discovering the gift to be yourself. Freeing you from illusions about yourself, Benner implies that self-understanding leads to the fulfillment of your God-provided destiny and vocation. Discerning your true personal is inextricably related to discerning God's purposes for you. He exposes the false selves that you may hide behind and phone calls you to discover the real self that emerges from your own uniqueness in Christ. In this profound exploration of Christian identification, psychologist and spiritual director David G. Benner illuminates the spirituality of self-discovery. Paradoxically, the even more you become like Christ, the even more you become authentically yourself. But Christians through the entire ages have got agreed that there cannot be deep understanding of God without deep understanding of the self. Be confident, you need not try to be someone you are not." ?Augustine Much is stated in Christian circles about understanding God. This extended edition, one of three titles in The Spiritual Trip trilogy, includes a brand-new epilogue and an experiential guidebook with questions for specific reflection or group debate.



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Great Reserve for the Christian Deep Thinker I'm really enjoying Benner's book. I read another plus a Bible Study group and He's significantly into knowing who we are in the Lord....read this. It's so beautiful, practical, and filled with truth. Our reach is limited when you place limitations on a people who supposedly provide a limitless God. A lot more than you can ever imagine. Excellent Book on how deeply Our Heavenly Dad loves us. Seeing Yourself because God Views You. A brief book yet filled up with scripture and wisdom. Jesus stated the greatest commandment is to like God with all our center, soul, and mind. AN EXCELLENT & Otherwise, church simply becomes another masquerade that the globe easily perceives...If you desire to learn God more fully for who He Is instead of looking at life knowledge or so called blessings. One of the worst stuff the church could do to it's congregants is . Should end up being on your "to read" list! with diversity accompanies performance. I also learned a lot about myself, and I am considering reading it again, because it is so jam-loaded with wisdom that Personally i think I need quite a long time to procedure and digest each chapter! You should buy it. Benner! Dr... Jesus says if you concentrate on this globe and yourself you forfeit eternal existence - you "get rid of it. To produce carbon copies of the most well-liked archetype. Philosophical but rich I must say i enjoyed this book. We could underline the complete book. primarily no identity in Christ. The author references Matthew 10:39, but didn't quotation it. I learned therefore very much about Jesus and I began to fall more in love with him from scanning this reserve. We can't all be prepared to be missionaries usually who will guy the fort? The goal is to understand your accurate self in light of truth within Christ. not trying to figure out God through our conditions with finite thoughts. It's just through the acceptance of our uniqueness in God that we can genuinely find ourselves & This book is for anyone thinking about reflections on what it mean to be fully human and fully alive. Benner's wisdom and experiences are so inspiring and wonderful. A-Mazing. For individuals who are tired of the personal . I learned so very much about Jesus and I .. A-Mazing. For those who are tired of the self help and personal help(ish) Christian books that offer little-to-no genuine answers for a transformed life, this reserve is for you personally. You will see yourself acquiring your time exceeding each chapter to mine all of the spiritual truths in each one. Challenging Read This book is for all those at a crossroads of self discovery. We can't all expect to just minister to the ill we must also tend to the orphan. The writer shows that this truth is only found in the light of Christ. The read is just a little "heady" so read slowly to permit time for reflection. We enjoyed the reserve and would recommend it to those who want their thinking to be challenged to find a new personal awareness in the face of Christ. It has provided me a true knowledge of what vocation and calling are really about." GOD, THE FATHER is saying you must be willing, if necessary, to forsake everything to be a true follower of the Lord Jesus Christ, and therefore gain eternal lifestyle. Benner's wisdom and encounters are so inspiring and wonderful. This is probably probably the most important books I have ever read. It really is a small publication packed with spiritual wisdom and truth. You can tell that David is quite educated. Highlighted by spiritual and mental insights and amazing contemplative frameworks of thoughts and perspectives This book helps one explore and expose the truth about one's self. That is dangerous because people create a superficial basis in what they perceive is socially acceptable amongst the community. And I am usually fairly conservative with my underlining. Every follower of Christ should browse it. I would suggest this reserve if you are looking for clarity on why we have to know ourselves to know God better. Great read! It wasn't what I expected. Using it for a church group.." But, "he who has lost his life for My sake will see it. loving it! Scripture must be read in the context In the Preface there will do evidence to ignore this book. This kind of lifestyle in church prohibits diversity & Jesus said in verse 39, "He who offers found his life will lose it, and he who offers lost his life for My sake will find it." Ponder that declaration - read it three or four 4 times and think about what has been said. Jesus is NOT talking about self-discovery! One of the worst things the church could do to it's congregants is push them right into a mold.. Highlighted by spiritual and psychological insights and amazing contemplative frameworks of thoughts and perspectives, Benner's teaching and experience become available equipment to

the reader. Browse Matthew 10:34-39 for the context. We must put our like for Christ most importantly other human relationships. We still like those in our family, close friends and our neighbors, but our supreme love should be for God. I have read various other books on a single subject that were good but repetitive. The next most significant commandment is to like our neighbors as we perform ourselves. (Matthew 22:35-40) There is no third commandment right here to like ourselves. Loving ourselves comes normally - that's the problem with the globe today! Actionable I liked that this book wasn't on the subject of fluff but had practical and actionable techniques that you can take to grow. This generates Christians without endurance & I literally underline so much of this publication. It feels just a little educational but in a great way. The idea of our whole presence and worth is found in knowing who HE'S. Thank you, Dr. A great mixture of psychology and spirituality Benner is a gifted and insightful writer who brings his background and skills as a psychologist and a spiritual director to reflections on the human being person. our purpose. Great Great I didn't look after it This is written from a fundamentalist perspective. Great Book!



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