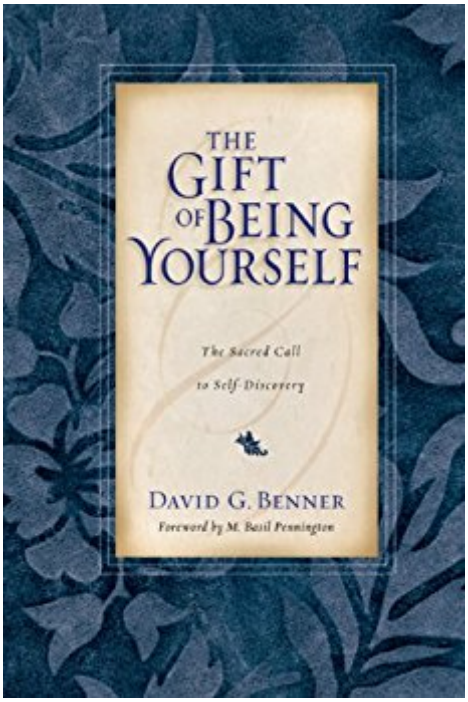
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The Gift Of Being Yourself: The Sacred Call To Self-Discovery



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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." Ã¢â ¬â •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.

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Customer Reviews

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.

Dr. Benner's wisdom and experiences are so inspiring and wonderful. I learned so much about Jesus and I began to fall more in love with him from reading this book. I also learned a lot about myself, and I am considering reading it again, because it is so jam-packed with wisdom that I feel I need a long time to process and digest each chapter! Thank you, Dr. Benner!

Lifechanging! I found the words in this book like water to my dried soul. It brought life to places that only held death and darkness in the past. When God made man he said, "Very Good". We somehow bought into the devil's lies and do not realize the wonder of God's work in us. Buy this. It is an encouragement to embrace the potential that God has placed in you and become who you were intended to become.

In all the search for identity, David Benner shows us the path to our true selves, which is nothing apart from God. This is a clear explanation of what the false self is, how it was formed and how we can find and develop our true self with God. It is a book I will refer to again and again on my soul care journey as well as share with others.

This is a refreshing book which pushes you towards the freedom of embracing who God created you to be. One of my favorite books I read in 2015.Especially as Americans, we quickly find our self-worth in what we do. Yet this is not who we are. We are no more or less significant based off of our actions... Just a tid-bit of the (many) truths this book speaks on.Every person who reads this will benefit from it.

A-Mazing. For those who are tired of the self help and self help(ish) Christian books that offer little-to-no real answers for a changed life, this book is for you.

This book helps one explore and expose the truth about one's self. Highlighted by spiritual and psychological insights and wonderful contemplative frameworks of thoughts and perspectives, Benner's training and experience become accessible tools to the reader.

Excellent Book on how deeply Our Heavenly Father loves us. Far more than you can ever imagine. A short book yet filled with scripture and wisdom. I have read other books on the same subject that were good but repetitive. You will find yourself taking your time going over each chapter to mine all the spiritual truths in each one.

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