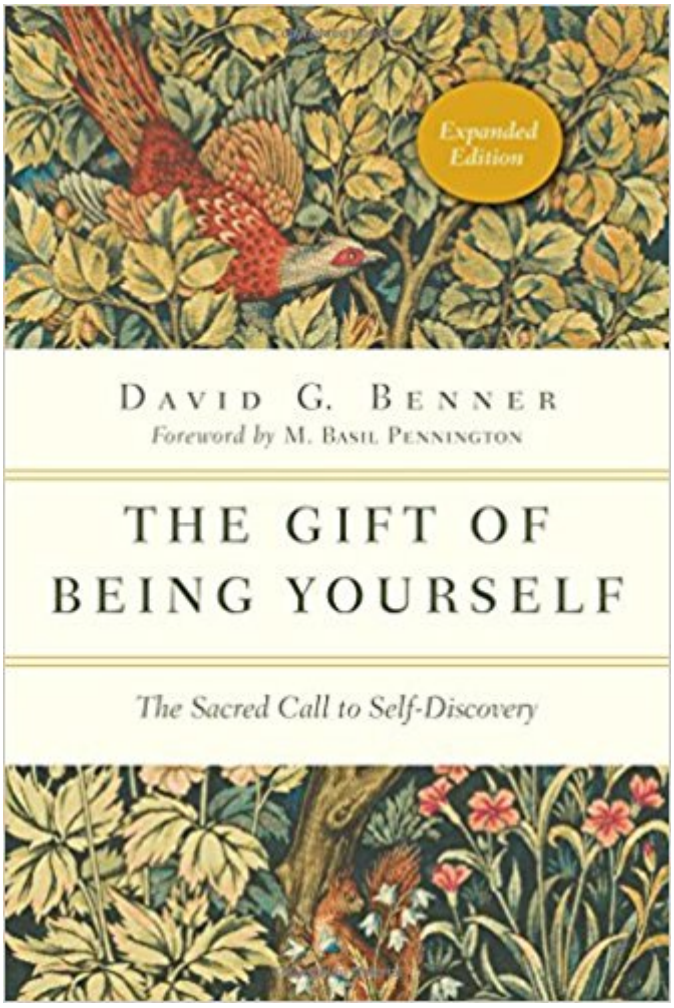
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The Gift Of Being Yourself: The Sacred Call To Self-Discovery (Spiritual Journey)



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Synopsis

"Grant, Lord, that I may know myself that I may know thee." Ã¢â ¬â ¢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.

Book Information

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Customer Reviews

In contrast to other books filled with drive-through pop psychology and sound-bite spirituality, Benner, a psychologist and spiritual director, offers an impressively deep and challenging introduction to Christian self-discovery in a little more than 100 pages. The foundational premise is

that true knowledge of God and true knowledge of oneself are inextricably intertwined. For those who view such an approach as simply an accommodation to our culture's obsession with self, Benner provides a multitude of quotes from historic, respected theologians such as Augustine and John Calvin. He offers a clear and practical outline for those seeking to begin the lifelong process of knowing God and knowing themselves in an authentic way. As a gift to Christian counselors everywhere, Benner explains the difference between authentic self-discovery and most psychological approaches. Without mentioning names, he uses the stories of "fallen" Christian leaders to illustrate how some Christians' well-intentioned avoidance of self-discovery can become a deadly snare. His discussion of accepting our flaws and sins as a necessary step to transformation is a model of lucidity. Although self-knowledge is the subject, it becomes clear that transformation is the ultimate goal both of this book and of the journey it invites readers to begin. Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an alternate Paperback edition.

"Rarely do I suggest a book in spiritual direction with the exception of the sacred Scriptures. However, The Gift of Being Yourself I would offer to directees with enthusiasm. David Benner has shown us where life experience, personal insight and prayer meet: in God. I highly recommend it, especially for people beginning in spiritual direction." (David I. Donovan, S.J., Provincial Assistant for Formation, New England Province of the Society of Jesus)"As he has done many times before, David Benner guides us to a place of wisdom and devotion with this beautiful book. With empathy and insight he demonstrates that the two great tasks of lifeÃ¢â ¬â ¢knowing God and knowing ourselvesÃ¢â ¬â ¢converge into a single adventure as we are drawn into the arms of our loving God." (Mark R. McMinn, Rech Professor of Psychology, Wheaton College, and author of Why Sin Matters)"Slowly we are unpacking the full implications of incarnation. David Benner does exactly the same in this excellent book, using good theology, psychology and spiritual practice to make the profound obvious. This is the work of all good teachers." (Richard Rohr, OFM, Center for Action and Contemplation, Albuquerque, New Mexico)"David Benner is a keen student of both God and human personhood. It is a rare kind of book that combines wisdom about faith and understanding about the self. This is that kind of book." (John Ortberg, author, senior pastor, Menlo Park Presbyterian Church, Menlo Park, California)"David Benner's The Gift of Being Yourself is the best treatment of the journey to becoming one's true self that I have ever read. I began reading the book as a favor to David; I finished it in one four-hour sitting as a favor to me. Drawing from his wisdom as a psychotherapist and spiritual director, insights from Scripture, and his own self and God discoveries,

David gently describes the great disparity between the false self that most of us have become and the self-in-Christ that we are intended to be. I have never been so challenged and warmly inspired to receive the gift of being my true self." (Gary W. Moon, director, Martin Family Institute and Dallas Willard Center for Spiritual Formation, Westmont College, author of Apprenticeship with Jesus)"Wise, compassionate and accessible, David Benner's The Gift of Being Yourself is truly a gift to the dedicated seeker. The author draws on his professional experience as a psychologist and his own lifelong vocation as a Christian. The result is a book that felicitously weaves together the insights of psychology and Christian spirituality." (Margaret Guenther, author of Holy Listening: The Art of Spiritual Direction)"In contrast to other books filled with drive-through pop psychology and sound-bite spirituality, Benner, a psychologist and spiritual director, offers an impressively deep and challenging introduction to Christian self-discovery in a little more than 100 pages. . . . He offers a clear and practical outline for those seeking to begin the lifelong process of knowing God and knowing themselves in an authentic way. . . . His discussion of accepting our flaws and sins as a necessary step to transformation is a model of lucidity. Although self-knowledge is the subject, it becomes clear that transformation is the ultimate goal both of this book and of the journey it invites readers to begin." (Publishers Weekly (starred review), January 26, 2004)"As a teacher of spiritual directors, I require my students to read The Gift of Being Yourself first. Understanding the false self and receiving the true self is essential for knowing God and one's truest desire, and it's a prerequisite for discerning this story in the lives of others. This new edition encourages readers to stop and consider the implications for themselves through questions and through examples from Benner's own life and the experiences of others. This calls for a careful consideration of Benner's premise as a lived reality, and not just as theory or ideas. I will highly recommend this edition for students of spiritual direction and formation." (Helen Cepero, spiritual director, author of Christ-Shaped Character and Journaling as a Spiritual Practice)"A small, engaging book on knowing God and knowing self. The Gift of Being Yourself gets beneath the crust of ego and past persona and behind image to the truth of you. Here is a pathway to discover and receive the beloved unrepeatable self that God designed you to be." (Adele Calhoun, author of Spiritual Disciplines Handbook)

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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