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The Gift of Being Yourself: The Sacred Call to Self-Discovery

David G. Benner

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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." 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. "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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