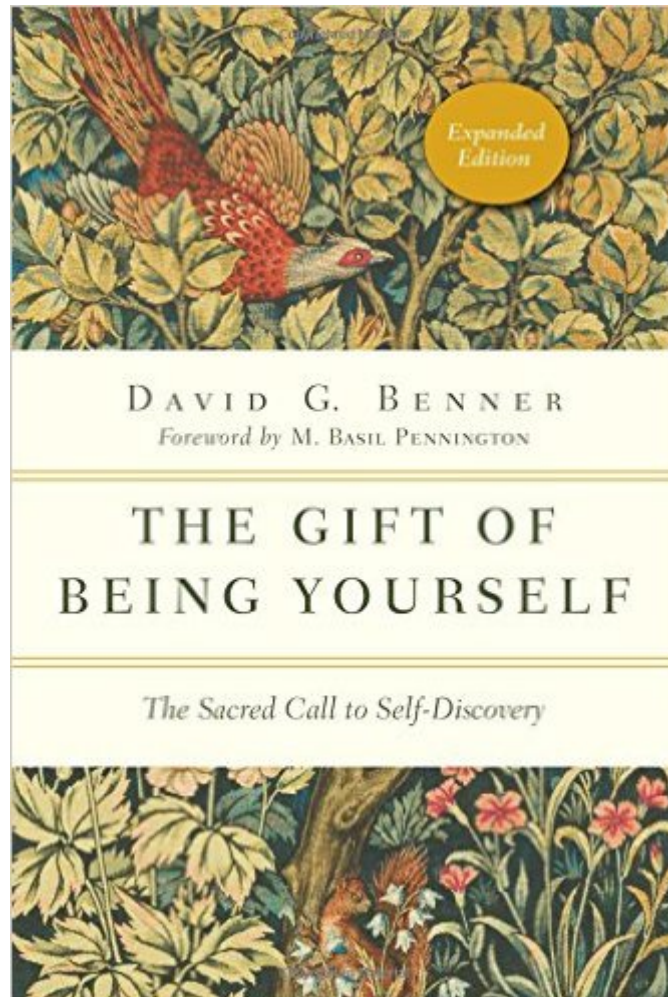


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# The Gift Of Being Yourself: The Sacred Call To Self-Discovery (Spiritual Journey)



## Synopsis

"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.

## Book Information

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## Customer Reviews

"The Gift of Being Yourself" is an exceptional investigation of the subject of self-identity. The author, David Benner, is able to masterfully bridge the Biblical paradox of death-to-self and self-discovery. He writes, "For if we find our true self we find God, and if we find God, we find our most authentic

self." We don't find our true self by seeking self-identity but by seeking God. Benner sees our identity not as a creation but as a discovery and as a gift from God. By discovering and living our uniqueness, we fulfill our destiny. The purpose of the book is to assist people in the transformational journey of becoming their true self in Christ and living out the vocation that this involves. To do so we must know ourselves as known by God. In knowing ourselves and knowing God we can experience the gift of being ourselves. The author contends that through self-deception, we tend to confuse our true self with some ideal self we wish we were. We adopt a mask that portrays us differently than who we authentically are. Self-discovery is not to escape reality but to commit to it. We must decide to accept what is really there and accept ourselves as we are and accept God as He is, not how we would want each to be. Spiritual transformation does not result from fixing our problems. Our sin nature is not self-fixable. Instead, spiritual transformation results from turning to God in the midst of our problems and meeting God just as we are. It starts by coming to know God. If we come to know God, we come to know love, and to love God is to know God. It's not simply knowing about God, but it is personally meeting God in Jesus.

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