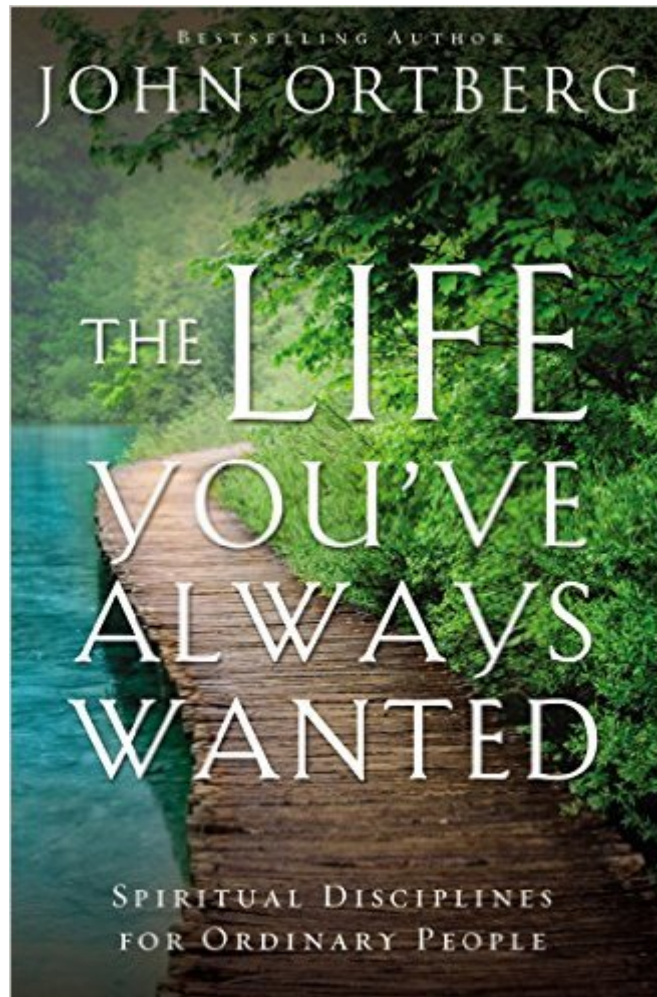


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# The Life You've Always Wanted: Spiritual Disciplines For Ordinary People



## Synopsis

You can live a deeper, more spiritual life right where you are. The heart of Christianity is transformation—a relationship with God that impacts not just our spiritual lives but every aspect of our daily lives. John Ortberg calls readers back to the dynamic heartbeat of Christianity—God’s power to bring change and growth—and reveals how and why transformation takes place. *The Life You’ve Always Wanted* offers modern perspectives on the ancient path of the spiritual disciplines. But it is more than just a book about things to do to be a good Christian. It’s a road map toward true transformation that starts not with the individual but with the person at the journey’s end—Jesus Christ. As with a marathon runner, the secret to finishing a race lies not in trying harder, but in training consistently—training with the spiritual disciplines. The disciplines are neither taskmasters nor ends in themselves. Rather they are exercises that build strength and endurance for the road of growth. The fruit of the Spirit—joy, peace, kindness, etc.—are the signposts along the way. Paved with humor and sparkling anecdotes, *The Life You’ve Always Wanted* is an encouraging and challenging approach to a Christian life that’s worth living—a life on the edge that fills an ordinary world with new meaning, hope, change, and joy.

## Book Information

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## Customer Reviews

**Introduction**In his letter to the church in Colossae, the apostle Paul outlines the objectives of his Church ministry in celebratory yet nonetheless sacrificial terms. He writes: 'He [Jesus] is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. To this end I strenuously contend with all the energy Christ so powerfully

works in me' (Colossians 1:28-29 NIV). Paul's labour and cautionary tone challenge us today. Do we, as professed Christians (followers of Christ) strive for maturity (in Greek, teleios which means fully grown or having reached a goal or end) in Christ using all the strength God provides? Or are we merely rambling, perhaps disappointingly, along a path that hinders spiritual progress? I think most of us would wish--optimistically--for growth. But what if our discipleship journey is devastatingly distorted and off track? Senior Pastor John Ortberg's, *The life you've always wanted: Spiritual disciplines for ordinary people* [expanded edition] describes, illustrates and explains Christian discipleship in contemporary, total-life encompassing terms. This is a crucial, urgent issue because if we cannot or do not know and experience transformation at the core, the risk is we will settle for being just informed or conformed (pp. 30-31). Main points\* The transformation of the human personality through the Gospel is really is possible. It's never easy or frequently quick but we can see it happening in people sometimes (p. 9).\* Spiritual growth means wanting to live increasingly as Jesus would if he were in our unique place (p. 14).\* Adopting spiritual disciplines requires focused, purposeful training.

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