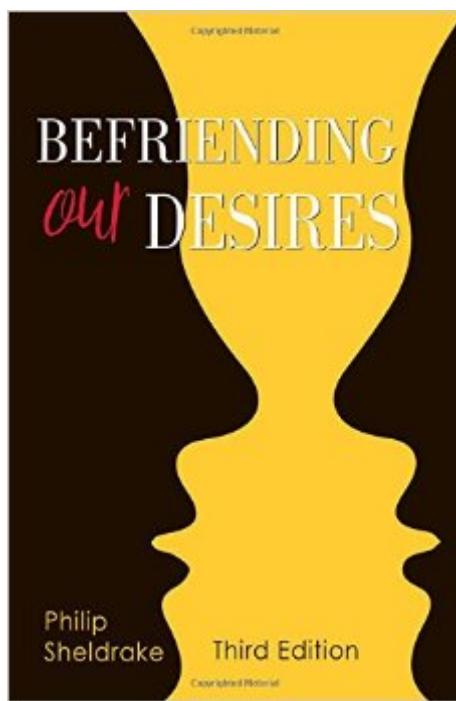


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# Befriending Our Desires



## **Synopsis**

Desire is at the heart of what it is to be human. The power of desire, while embodied and sensuous, is God-given and the key to all human spirituality. Humanity is blessed with a deep longing that is infinite in extent and can only ultimately be satisfied in God. *Befriending Our Desires* portrays the intimate connection between desire and the spiritual journey. Drawing on Hebrew and Christian Scriptures, Christian spiritual classics (with some reference to Buddhist spirituality), poetry, and other literature, plus personal and pastoral experience, Philip Sheldrake explores the role of desire in relation to God, prayer, sexuality, making choices, and responding to change.

## **Book Information**

Paperback: 144 pages

Publisher: Liturgical Press; third edition edition (September 15, 2016)

Language: English

ISBN-10: 0814647170

ISBN-13: 978-0814647172

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ  (6 customer reviews)

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## **Customer Reviews**

This book is absolutely wonderful. If you know Ignatian Spirituality or not it will take you to the depths of our desires and those of God and how they become one. The area of sexuality is treated with great reverence and beauty. I would recommend it to anyone serious about spiritual growth and understanding.

This is one of the most captivating books I have ever read on the essential role desire plays in the transforming work of Christ in us. As someone who grew up with a Baptist background where desires were something to flee and renounce, this book compellingly demonstrates that connection to our God-given, deepest desires is a journey that excavates our true selves...the people we were created to be at the foundations of the world, in wholeness, with passion, and life! This will become a key book for me here forward in the sacred work of both tending to my own soul, and those whom

I serve.

Sheldrake does a nice job of demonstrating why desire is necessary and valuable and even inherently integrated into life, particularly the spiritual life. However, his language and arguments are a little unfocused, which made it somehow feel weighty and fluffy simultaneously, as if there was something important that needed to be constructed out of insubstantial and blurry thoughts. Additionally, he waded now and then into theologically dubious territory such as asserting that God's desire for humanity equated to God's need for humanity. It could be a worthwhile book for some people, but I'd be cautious about to whom I would offer it.

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Befriending Our Desires Capture His Heart: Becoming the Godly Wife Your Husband Desires Love and Respect: The Love She Most Desires; the Respect He Desperately Needs The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health GlobalChurch: Reshaping Our Conversations, Renewing Our Mission, Revitalizing Our Churches Our New Home! Our Family's Journal And Memory Book (Carpe Diem Journal) (Volume 1) The Madhouse Effect: How Climate Change Denial Is Threatening Our Planet, Destroying Our Politics, and Driving Us Crazy What the F: What Swearing Reveals About Our Language, Our Brains, and Ourselves Our Iceberg Is Melting: Changing and Succeeding Under Any Conditions (Kotter, Our Iceberg is Melting) Rad American Women A-Z: Rebels, Trailblazers, and Visionaries Who Shaped Our History...and Our Future! Words of Our Mouth, Meditations of Our Heart: Pioneering Musicians of Ska, Rocksteady, Reggae, and Dancehall (Music/Interview) The Clash of Generations: Saving Ourselves, Our Kids, and Our Economy (MIT Press) The Lordship of Christ: Serving Our Savior All of the Time, in All of Life, with All of Our Heart Clean House: Exposing Our Government's Secrets and Lies Garden Revolution: How Our Landscapes Can Be a Source of Environmental Change Our Time at Foxhollow Farm: A Hudson Valley Family Remembered Dinosaurs with Jobs: A Coloring Book Celebrating Our Old-School Coworkers See America: A Celebration of Our National Parks & Treasured Sites Our World Our Indian Summer in the Far West: An Autumn Tour of Fifteen Thousand Miles in Kansas, Texas, New Mexico, Colorado, and the Indian Territory (The ... on Art and Photography of the American West)

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