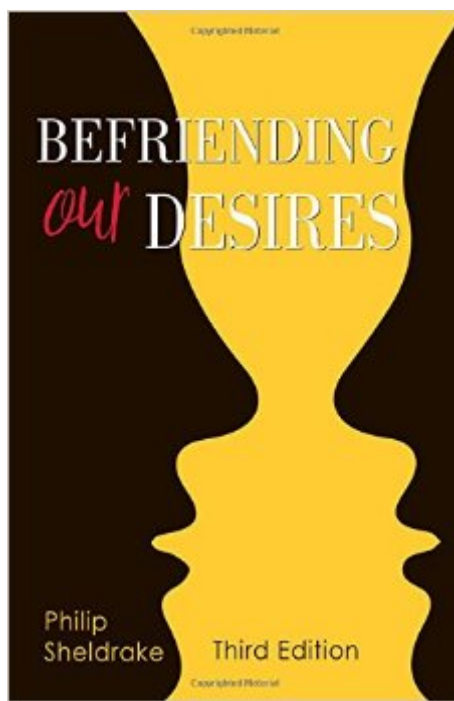


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# Befriending Our Desires



## 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

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (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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