

***Soulful Spirituality Becoming Fully Alive And Deeply Human***  
***David G Benner***

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SOULFUL SPIRITUALITY: BECOMING FULLY ALIVE AND DEEPLY HUMAN. David G. Benner, Grand Rapids; Brazos Press, 2011. Spirituality has been in vogue for some time now. The vacuum left by modernity's monochromatic sciencism continues to spawn generations of angst-filled spiritual seekers disgruntled by dead religion.

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He challenges our settling for a narrow, repressed way of life and spirituality and calls us to become more truly alive in every dimension of our being: body, soul, and spirit."--Tilden Edwards, founder and senior fellow, Shalem Institute for Spiritual Formation, Washington, DC "David Benner has done it again!

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Soulful Spirituality: Becoming Fully Alive and Deeply Human. Here he presents an expansive, psychologically informed understanding of spirituality, probing the contrasts between soulful and soulless spirituality, deep and shallow religion, and healthy and unhealthy relationships with God to affirm the vital role of human development in...

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Spirituality has an indispensable role to play in the expression of our humanity. However, spiritual practices can sometimes make us less, not more, authentically human. We may be good Christians, but we aren't good human beings. How can we ensure that our spiritual journey is conducted in a way that allows us to become fully alive and deeply human?

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Soulful Spirituality. It provides detailed discussion of six spiritual practices that ground the spiritual journey in the human journey and help us become more deeply human and fully alive. Read it soulfully and be prepared to become more than you are.

### **Soulful Spirituality | Dr David G Benner**

Soulful Spirituality Every other Tuesday, June 11-August 20 • 10:00-11:30AM • Room 202 Women of all ages are welcome to join us for deep discussions of David Benner's Soulful Spirituality: Becoming Fully Alive and Deeply Human , a book about healthy, life-enhancing spirituality.

### **Women's Study: Soulful Spirituality - Christ Presbyterian ...**

"Soulful Spirituality is a feast of encouraging wisdom that nourishes soul and spirit. In inviting language, images, and narratives, David Benner describes a way of living that is integrating and inspiring--a hearty blend of psychology, theology, and spirituality for all of us who seek to mature and thrive." Susan S. Phillips

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"Soulful Spirituality embodies the inseparable invitations of the spiritual and human journeys. Dr. Dr. Benner's writing is grounded in long years of research and practice at the intersections of human development, psychotherapy, and spiritual direction alongside his own desire to persist in becoming all that God intends.

### **Soulful Spirituality | Baker Publishing Group**

With his premise that life is a journey toward becoming fully alive and deeply human', Benner suggests that soulful spirituality is much less a spiritual path and is much more a spiritual way of walking the human path.

### **Soulful Spirituality: Becoming Fully Alive and Deeply ...**

Soulful spirituality is not a spiritual path but a spiritual way of walking the human path. As we shall see, the practices of soulful spirituality are deeply Christian even though none are distinctively Christian. These practices represent spiritual ways of living that support the journey of becoming fully human.

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### **Soulful Spirituality : Becoming Fully Alive and Deeply Human**

David G. Benner awakens Christians to their humanity, and to what that truly means. Benner has spent 35 years integrating psychology and spirituality and uses his expertise to guide readers beyond being "a good person," and into transformation—becoming truly alive through awareness

and care of the soul.

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