



# Desiring God's Will: Aligning Our Hearts with the Heart of God (The Spiritual Journey)

*David G. Benner*

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Most people think of God's will as something to be found or as the receiving of guidance from God when making decisions. Too often, however, the problem is not that we don't know what God desires for our lives, but rather that we just don't want to do what we already know he wants. How might our wills be changed so that we become both willing and able to do what God asks of us?

In *Desiring God's Will* psychologist and spiritual director David G. Benner explores the transformation of the will in Christian spirituality. He examines why our desires are disordered and how our human volition can be brought into alignment with God's intentions so that we willingly choose that which God wants for us. In so doing, Benner shows us that cultivating discernment and being attuned to God's desires is the path to true life, spiritual health and freedom.

God wants to change our choosing, not just our choices. By aligning our hearts with God's, we will find liberation from the kingdom of self and instead experience the joy of the kingdom of God.

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.

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