



# Desiring God's Will: Aligning Our Hearts with the Heart of God

*David G. Benner*

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*We overhear Jesus' prayer in the garden of Gethsemane--"not my will, but thine be done"--but have trouble honestly making it our own.* (from the Introduction) Most people think of God's will as something to be found or as the receiving of guidance from God when making decisions. We assume that if we just knew what God wanted, we'd do it. 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. Sometimes, though, we try to live the Christian life out of sheer self-determination and grit, only to discover that our will is not sufficient to sustain us. 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.

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