

**Life You've Always Wanted, The**, by John Ortberg

Length: 6 weeks (one hour or less)

Includes: DVD, and leader and participant guides; book can be purchased if class wants to read as part of study

The heart of Christianity is transformation, a relationship with God that impacts not just our "spiritual lives," but every aspect of living. John Ortberg calls you back to the dynamic heartbeat of Christianity, God's power to bring change and growth, and reveals both the how and why of transformation. *The Life You've Always Wanted* offers modern perspectives on the ancient path of the spiritual disciplines, and serves as a road map toward true transformation that starts not with the individual but with the object of the journey, Jesus Christ. As with a marathon runner, the secret to winning the race lies not in trying harder, but in training consistently---training with the spiritual disciplines. The disciplines are neither taskmasters nor an end in themselves. Rather they are exercises that build strength and endurance for the road of growth. The fruit of the Spirit are the signposts along the way. Paved with humor and sparkling anecdotes, *The Life You've Always Wanted* small group kit is an encouraging and challenging approach to a Christian life that's worth living, a life on the edge that fills an ordinary world with new meaning, hope, change, and joy.