



# The Life You've Always Wanted: Spiritual Disciplines for Ordinary People

*John Ortberg*

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**The Life You've Always Wanted: Spiritual Disciplines for Ordinary People** John Ortberg

You can live a deeper, more spiritual life right where you are.

The heart of Christianity is transformation—a relationship with God that impacts not just our spiritual lives but every aspect of our daily lives. John Ortberg calls readers back to the dynamic heartbeat of Christianity—God’s power to bring change and growth—and reveals how and why transformation takes place.

*The Life You’ve Always Wanted* offers modern perspectives on the ancient path of the spiritual disciplines. But it is more than just a book about things to do to be a good Christian. It’s a road map toward true transformation that starts not with the individual but with the person at the journey’s end—Jesus Christ.

As with a marathon runner, the secret to finishing a race lies not in trying harder, but in training consistently—training with the spiritual disciplines. The disciplines are neither taskmasters nor ends in themselves. Rather they are exercises that build strength and endurance for the road of growth. The fruit of the Spirit—joy, peace, kindness, etc.—are the signposts along the way.

Paved with humor and sparkling anecdotes, *The Life You’ve Always Wanted* 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.

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