

*The Deeper Journey: The Spirituality of Discovering Your True Self*

Now with Study Guide

May 2016

\$16, 188 pages, paperback

978-0-8308-4618-4

This book

\*Asserts that the core of Christian life is the transformation of the self

\*Unpacks the false selves you may be tempted to hide behind

\*Helps you discover the true self that comes from intimacy with God

\*Includes a study guide for individual reflection or group discussion

## Transforming Resources™ for Deeper Levels of Spiritual Formation

Based on the vision of the work of the Transforming Center, Transforming Resources™ are designed to strengthen the souls of pastors, Christian leaders, and the congregations and organizations they serve. Beyond mere information, each book, article and curriculum product is designed to provide step-by-step guidance for engaging the practices, experiences and relationships that foster greater intimacy with God and deeper levels of spiritual transformation.

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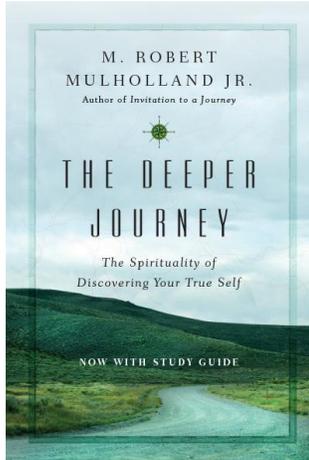


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M. Robert Mulholland Jr. exposes the false selves that you may be tempted to hide behind and helps you to instead discover the true self that comes from being hidden with Christ in God.

This expanded edition includes a study guide for individual reflection or group discussion.

## “A Mending and Unsettling Read”

*“For many seeking to walk in the Way of Christ but struggling with religiosity, one chapter, ‘The Idol in the Box: Religious False Self,’ may be worth the price of the book.”*

—Leadership Journal, Fall 2007

*“Mulholland skillfully accompanies readers from a basic understanding of knowing Christ and desiring to be like him through a process of self-examination that is probing, straightforward, and revealing. Written in a personal conversational style that refuses to be academic or theoretical, the book is stimulating and encouraging. Readers longing to develop a closer, authentic life with God will be rewarded with useful means and method.”*

—Christian Library Journal, June 2007

*“[Mulholland] paints a picture of profound and even mysterious connection with God. . . . [A] very personal invitation into this deeper journey.”*

—Publishers Weekly, December 19, 2005 (STARRED REVIEW)

*“Most of us are aware that there is something that is not quite right within us. When we are honest, we might even admit that there is something terribly wrong. It is called the false self. The Deeper Journey provides understanding and guidance for the journey from the false self to the true self. It is a harrowing journey, to be sure, but it is also a journey of hope and healing and freedom. This book is full of much-needed wisdom from one of the most trusted spiritual guides of our time.”*

—Ruth Haley Barton, cofounder of the Transforming Center, and author of *Sacred Rhythms* and *Invitation to Solitude and Silence*

*“Dr. Mulholland’s exposition of the transforming journey from the noxious web of the false self to the liberating reality of the true self is totally compelling and a must read for disciples serious about the ‘with-God’ life.”*

—Bruce Demarest, Professor of Christian Formation, Denver Seminary

*“Robert Mulholland has gone deeper on the journey and now we can too. This will benefit all who want to follow Jesus’ way.”*

—John Ortberg, Teaching Pastor, Menlo Park Presbyterian Church

*“Mulholland recommends radical honesty about ourselves as an essential part of the foundation of a deeper faith. We Christians in North America definitely need to ponder his conviction that the false*

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**M. Robert Mulholland Jr.** (1936-2015) was emeritus professor of New Testament at Asbury Theological Seminary and the author of several books, including *Shaped by the Word*, *The Deeper Journey*, *Revelation* and the landmark spiritual formation book *Invitation to a Journey*.

*self and the religious false self will lead us on dead-end roads. I found Mulholland's invitation to a deeper journey in Christ to be profoundly challenging and winsomely encouraging."*

—Lynne M. Baab, author of *Sabbath Keeping* and *Beating Burnout in Congregations*

*"This book is addressing what I think is a foundational religious concern: Is religion primarily a belonging system or a transformational system? Is it merely about belief or is it about inner experience? The Deeper Journey is a very clear and courageous book, giving biblical themes a compelling and needed language."*

—Richard Rohr, O.F.M., Center for Action and Contemplation, Albuquerque, New Mexico

*"Carrying the journey beyond that introduced in his earlier much-appreciated Invitation to a Journey, this new book by Robert Mulholland will be very helpful to all those who feel called to a deeper journey and who wonder how concepts such as the true and false self relate to biblical teaching. If this is you, read on and be prepared to meet God and yourself more deeply."*

—David G. Benner, Emeritus Distinguished Professor of Psychology and Spirituality, Psychological Studies Institute, and author of *The Gift of Being Yourself* and *Opening to God*

*"What a wonderfully mending and unsettling read. I read it and started reading it all over again. Mulholland serves as an experienced guide to what it means to have an inner life, a life that is 'hidden with Christ in God.' His voice helps me attend to the well-defended and self-referenced way I do life – even my spiritual life. The Deeper Journey is rich with the practical implications of what it means to be 'in God for the world.'"*

—Adele Calhoun, author of *Spiritual Disciplines Handbook*