



# Minding the Heart: The Way of Spiritual Transformation

By Robert Saucy



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## Understanding spiritual transformation

It is the heart that is the control center of life and through which God works to change us. But how does this growth take place? In *Minding the Heart*, Robert L. Saucy offers insightful instruction on what spiritual transformation is and how to achieve it. He shows how renewing one's mind through meditation, action, and community can begin the process of change, but ultimately the final change—the change that brings abundant life—can only come through a vital relationship with God. “The renewing of the heart is an inescapable human need,” writes Saucy, “but the solution lies only within the realm of the divine.”

Drawing from inspiring Bible passages as well as select scientific studies, Saucy demonstrates how to make lasting change so Christians can achieve the joys of becoming more like Christ.

*“Individuals and congregations will be challenged, helped, and strengthened though careful reflection on the insights found in this splendid volume.”*

—David S. Dockery, President, Union University

*“The great Puritan divine William Ames defined theology as the science of living in the presence of God. That’s what this book is about: a biblical examination of Christian interiority, what it means to know and love Jesus Christ from the inside out, with one’s whole heart. A great introduction to spiritual theology.”*

—Timothy George, Dean of Beeson Divinity School of Samford University

*“Any doctor will tell you the key to physical life is the heart. If it is not beating, you are dead. The same is true of the spiritual life. At the center of spiritual growth and transformation is the heart. This wonderful study by Robert Saucy shows you just how important the heart is and that eternal life is a life of quality drawing upon a transformation from deep within.”*

—Darrell L. Bock, Senior Research Professor of New Testament Studies, Dallas Theological Seminary



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#### Review

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#### About the Author

Robert L. Saucy (PhD, Dallas Theological Seminary) is Distinguished Professor of Systematic Theology at Talbot School of Theology, Biola University. A former president of the Evangelical Theological Society, he has authored a number of works on biblical and theological subjects.

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