



The Spirit Within

Ronald K. Lute

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Reactiveness says, 'I must prove something to someone or even if to myself or to God to establish my sense of worth.' Creativeness says, 'I am moving in the direction love is steering me; I follow the creative light before me or within me in each situation, seeking both my highest good and the highest good of all others involved in the process with me.' For nearly 2000 years, the pursuit of spiritual growth and self-enlightenment went hand-in-hand. However, over the last 150 years, the perceived divide between Christian values and modern psychology has grown increasingly wide. In *The Spirit Within*, author Ronald Lute bridges the gap between these seemingly divergent philosophies to provide self-improvement strategies from a Christian perspective that recall the traditional interaction between spirituality and the development of self. Lute provides an expert's interpretation of the relationships between mental health issues and their relationships to spiritual growth. He examines how the triune elements of man interrelate to determine who we are or how we respond to various life situations and how our reactive fears and behaviors are formed. Even more importantly, he provides solutions on how we can move beyond these destructive behaviors to be in a truly free relationship with Jesus Christ.

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