

## You Are What You Love: The Spiritual Power of Habit

James K. A. Smith



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You are what you love. But you might not love what you think.

In this book, award-winning author James K. A. Smith shows that who and what we worship fundamentally shape our hearts. And while we desire to shape culture, we are not often aware of how culture shapes us. We might not realize the ways our hearts are being taught to love rival gods instead of the One for whom we were made. Smith helps readers recognize the formative power of culture and the transformative possibilities of Christian practices. He explains that worship is the "imagination station" that incubates our loves and longings so that our cultural endeavors are indexed toward God and his kingdom. This is why the church and worshiping in a local community of believers should be the hub and heart of Christian formation and discipleship.

Following the publication of his influential work *Desiring the Kingdom*, Smith received numerous requests from pastors and leaders for a more accessible version of that book's content. No mere abridgment, this new book draws on years of Smith's popular presentations on the ideas presented in *Desiring the Kingdom* to offer a fresh, bottom-up rearticulation. The author creatively uses film, literature, and music illustrations to engage readers and includes material on marriage, family, youth ministry, and faith and work. He also suggests individual and communal practices for shaping the Christian life.

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