



Minding the Heart

Robert Saucy

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The heart is the most important biblical term for the person's nature and actions. Indeed, the heart is the control center of life. It is the very place where God works to change us. But how does this growth take place? How are Christians to discover the steadfast spirit of David's psalm? 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 selected scientific studies, Saucy demonstrates how to make lasting change so Christians can finally achieve the joys of becoming more like Christ.

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