

The Vertical Self



Mark

Sayers | Thomas Nelson

Mark

Sayers, pastor of Red East Church in Melbourne, Australia, confronts

the idols of the 21st century in *The*

Vertical Self: How Biblical Faith Can Help Us Discover Who We Are in

an Age of Self-Obsession.

Sayers focuses on such masks and diversions as sex, power, fame,

image and coolness. Most important, he distinguishes between the

horizontal life and the vertical life.

The

horizontal life is marked by a focus on such values as self, status

and image; conversely, the vertical self embodies growth, holiness

and community, among other ideals.

Sayers has included helpful

charts, lists, diagrams and an interactive study guide to flesh out

his major themes of the false self and true self.

The

Vertical Self is no

panacea or quick fix. The author clearly articulates that the path to

shalom (peace),

balance and holiness is a journey. Readers of literature on the

spiritual disciplines will enjoy this book since it emphasizes growth and transformation. Though Sayers specializes in youth discipleship,

The Vertical Self

is appropriate for teenagers as well as adults. –C. Brian Smith

Click

here to purchase this book.