



The Truest Thing about You: Identity, Desire, and Why It All Matters

David Lomas

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There are many true things about you—true things you use to build an identity. Parent. Introvert. Victim. Student. Extrovert. Entrepreneur. Single.

These truths can identify you, your successes and failures, your expectations and disappointments, your secret dreams and hidden shames. But what if your true identity isn't found in any of these smaller truths, but in the grand truth of who God says you are? In other words, lots of things are true about you—*but are they the truest?*

David Lomas invites you to discover and live out the truth of who God created you to be: you are loved, you are accepted, and you are made in God's image. It's time to move beyond the lesser voices and discover why everything changes when you become who you really are.

The Truest Thing about You: Identity, Desire, and Why It All Matters Details

Date : Published February 1st 2014 by David C. Cook

ISBN : 9780781408554

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Format : Paperback 224 pages

Genre : Nonfiction, Religion, Faith, Christian

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From Reader Review The Truest Thing about You: Identity, Desire, and Why It All Matters for online ebook

Brandon Wilkins says

I picked this book up as a freebie on Kindle, never having heard of the author before. And so, I was caught off guard by how thoughtful and rich this book turned out to be.

As the subtitle of the book says, this is a book about human identity. What is the truest thing about my identity? The book addresses all of the 'true, but not ultimately true' identities we give ourselves, and the danger of trying to turn them into ultimate truths about us.

Then he spends the rest of the book working through basic Christian doctrines that speak to our identity: image of God, sin, redemption, salvation by grace, Gospel-driven Christian life, etc. And just to note again, he looks at each of these through the lens of Christian identity, and not as abstractions.

It's a very good book. As I was reading it, my first thought was that this would be a really good study to do with high schoolers and young adults since they are especially trying (and struggling) to understand what is the truest thing about them.

Nathan says

This was one of those right thing at the right time kinda books for me. Very defining for my outlook on my life. I felt like he did a great job of bringing me along to understand his main idea. It's a concept that the average Christian knows but I feel like he made us stop and stare at it until we actually understood the implications of it. I felt like he kept saying, "no really, let me say it again to make sure you've got it." Which I thought was fantastic in this particular area because many of our ways of thinking and operating are so ingrained in us.

Great read for those who feel lost, discouraged, beat down and like they don't know who they are anymore or if they even matter.

Joan says

I am impressed with this book. In this culture where people are identified with a social label, Lomas wants us to find our identity in our deepest being, in Christ. Our actions spring forth from our identity so how we see ourselves is so important. I was impressed with his discussion on desire. We Christians tend to define ourselves by how much we "desire" a deeper life, a deeper relationship with Jesus. Lomas argues that our identity is to be found in what God says is true of us, not what we are trying to do or are aiming for. This is a book I'll need to read again to further incorporate into my being. See my full review at <http://bit.ly/1bwasmmy>.

Jim Black says

Throughout history, mankind has struggled to determine its identity. Over time, people have identified themselves by what they do, which family they belong to, who they are married to, how much money they have, and too many other ways of making them stand out. But is this the way a Christian should go about it?

Satan tries to make us focus on our identity as the way the world sees us. The group Big Tent Revival sang a great song called "Two Sets of Jones" that demonstrates the difference between a worldly and a Christian viewpoint. The song shows what happens to two families named Jones when they have children. If you have not heard it, look it up and listen to it as a reminder of what this book is all about.

The authors of this book showcase a similar theme. Too often we are caught up in Satan's lies as to what our identity really is. Lomas and Jacobsen use a very reader friendly method of demonstrating the way the Gospels show us the different way Christ looks at us. Just like when Peter stepped out of the boat and walked on the water, when we keep our eyes on Jesus life is the way it should be. When we start looking at all of the turmoil around us and what the world says, our identity suffers.

Highly recommended.

Jaemin Han says

I hesitate to write reviews on this genre. Pastoral works have taken a new shape in the last decade or so and to be honest, I am not really a fan. Often, unfortunately, these works have created large grandiose solutions for problems that they do not take the time to fully acknowledge or (at times) understand. Yet as I read Dave Lomas' book on what he believes is the "truest" thing about me (bold claim to make as he uses the second person singular in his title), I found a very interesting trait within this very interesting book.

The trait is this, he does not call you from the end of the road saying all will be well. Instead Lomas invites you to join him on a trek that he clearly, and at times painfully, describes as one he is still learning to walk. The book is not someone teaching you how to know, "The Truest Thing About You" chapter one makes that strangely obvious. It is an invitation to pilgrimage with Lomas as he learns what this statement means as well.

There is not really a group I can direct this recommendation to. It is not a book to develop the academic direction of certain scripture, nor an attempt at sociological laws, nor some type of psychoanalysis of the era. It is an invitation to see that God believes in us far more than we do ourselves and as controversial as that claim is, I end it there.

Kaleb Riley says

We are in a time and a generation that focus' so much on the self. The desire to discover oneself, or to find oneself, or create oneself is advertised all around us. Which leaves us with the question. "What if people do not like who I truly am?" we ask ourselves. So we create a someone that we think everyone will like. As soon as that happens, there is no backing out. We must not only pretend to live that life, but we must make the stories more adventurous; describe ourselves as more free. We are left fighting against our own lies.

Lomas describe the ways in which we create ourselves or see ourselves:

You're a mom. A dad. A child of divorce. A business owner or a freelancer. Male, female, black, white. You're an introvert, an extrovert, a person who refuses to be labeled as either. You're gay, you're straight. You're a success, a failure, someone who never lived up to others people's expectations, or someone no one ever believed in. you control your own destiny or you cannot seem to escape the labels other people give you (Lomas, 27).

He continues...

If you don't know the truest thing about yourself, you don't know yourself. And that matters. What you believe about yourself determines how you live. We were made for something. Something bigger than the little things we seem fated to surround ourselves with (Lomas, 32-33).

So then, what is that "thing?" I believe, as does Lomas, that Genesis tells us this quite clearly:

So God created man in His own image; He created him in the image of God (Genesis 1:27).

We don't find our identity. Rather, we receive our identity. We are given it by God (Lomas, 69).

Lomas wants his readers to know that the voices that tell you that you are not good enough and that you must create something more unique are not the truest thing about you. In fact most are lies created in your head.

The fact is that you are a beloved child of God and He sees nothing but Christ's perfection in you. This frees you to be who you are with no fear. You do not need to create yourself. The pressure is gone. You can now live free as the beloved. All those voices evaporate as the Father says "You are a child of mine." He does not need your acting. No. He just wants you as you are. Fasten the "Belt of truth around every morning." The truth that says you are a child of God and everything pales in comparison.

Highly highly recommend this book.

Doug Eaton says

Four stars seems a little high and three stars seems a little low. This book has some excellent examples and illustrations of who we truly are, along with explanations of all the false places we try to find our identity. There are a few sections, however, where the theology gets a little watery, and a few scripture references seem to be misapplied. It is worth the read, but keep the kernel and discard the husk.

Jonathan says

Key among the devastation of a broken and hurting world is mass identity confusion. But it is not only a problem for those without faith; those in the church can be just as confused about who they are and what defines them. David Lomas has given a call to those that follow Jesus to realize and trust in their identity in Christ that is well worth a read. *The Truest Thing About You* should drive us that call Jesus savior, to celebrate and be emboldened to live fully from our identity in him.

Approved, claimed, righteous, holy; we are his. Jesus has worked to establish relationship with us and it is

from this relationship that we work out, actually, live out who we are.

Lomas does a masterful job of presenting the important reality of our true identity in Christ – the thing that is truest about us. It is not the things we do or the desires we have that define us but instead the gospel truth of our standing in Jesus that gives us identity.

The book is a quick and comforting read and Lomas has a knack for unpacking the depth of truth that is the Christians identity. He does wrestle with the sanctification tension – does God change us or do we work to change. For Lomas it is God doing the changing and the Christian living out, working out who they are. I would prefer more emphasis on the love of Christ driving our identity and empowering our living but I think Lomas has faithful and personally wrestled well with the tension.

This book may open your eyes on your identity in Christ and give you a new freedom to rest and trust in Christ's claim of approval over you.

Trent says

Identity is a huge issue for our generation and I love reading books on the topic. This book was not horrible, but is definitely for someone who is just beginning their journey to discover their identity. I want the meat of the topic and not a sermon presented in book form. Would recommend the book to friends? Sure! But they would most likely be to youth.

I love that he focuses on our truest identity is not defined by anything else but God. Which also would lead me to recommend this book to those who are homosexual. The author presents a very compelling case for those who consider themselves gay to not view their sexuality as their identity. A very freeing realization in my opinion.

Sojourner says

The Truest Thing about You: Identity, Desire, and Why It All Matters by David Lomas and D. R. Jacobsen is an insightful book designed to show you to live out the life God created you for. There is a tendency to identify ourselves, and go after superficial things that do not have a place in the larger plan of God. Yet, we are absolutely mad about them.

In this path-breaking book the authors guide the reader through a series of profound chapters that will remove the scales from our blinded eyes and worldly-wise minds. The chapters include:

- Who We Are: A Collection of Someones
- How We Got Here: A Paradigm
- What We Are Meant To Be: The Imago Dei
- The Truest Human: Jesus and Identity
- Our Human Condition: The Skin We Live In
- Our Greatest Hope: The Truest Thing About You
- A Way Forward: Become Who You Are
- God Won't Stop: The Truest Truth
- End Matter

The truths contained in each chapters of the book will give a new meaning and direction to your directionless journey. Read it to rediscover who you are and what God meant you to be. Where ever you are in your life's journey, this book has something for you. It is one book that is not to be missed.

Watch out for its release on February 1, 2014

Julie Watts says

A deeply personal and transforming read...

As I read The Truest Thing, I found myself in conversation with God... re-examining my goals, my purpose, and my discontent with a seemingly perfect life. I find myself left with a lingering peace.

It has been a long time since I've read a Christian book cover to cover, but I was so entertained and convicted by The Truest Thing that I was hungry for more.

In addition to believers struggling with discontentment, I also think this book is perfect for new believers or those looking to renew their relationship with God. It's simple, straight forward, entertaining , and convicting (in a good way).

Faith says

There are so many different facts about our lives that inform our self-perception, based on everything from our education and socioeconomic level to our interpersonal relationships and sexuality.

There are so many different labels, some with shame and stigmas attached, that we find ourselves bearing. Whether we want them or not the world has a way of assigning them to us.

When you take those outward facts about what we do or where we've been ("I'm a UNH Alumni from a blue-collar neighborhood and I'm a single mother with two kids") and combine them with the labels we're given ("I'm divorced" "She was anorexic" "I have PTSD" "He has ADHD" "He's an alcoholic") is that who we really are? Obviously, the answer is partly Yes. Those all may be true things. But what is the Truest Thing About You?

Everyone else seems to have us figured out, yet there is so much inner wondering about who we really are. Who can tell us who we are? Who really knows us, all our layers and all our questions? Who can give us our true name?

That's what David Lomas' extremely readable book is all about. Where does my foundational identity come from? Is it determined by what I *Have* or what I *Desire* or something else entirely?

This book was intriguing right from the concept on in. The Truest Thing About You could be a fast read because it draws you right in, but it's the kind of book you'll return to. David tells personal stories, about his own life and the life of his congregation in San Francisco and de always points back to God and what He says about us.

I put this book on my shortlist for New Christians, and I can't wait to share it with someone. (I don't know why I'm surprised by how good this book is. It was published by David C Cook after all. If you're looking for challenging, gracious, winsome book- apologetics to Christian living- then do check out a David C Cook title.)

Thank you to the publisher for my review copy!

Brittany Anne says

By far one of the best books I've read in a long while.

Lomas doesn't disappoint in providing a conversational, light tone while throwing tomahawks of truth. Yes, tomahawks. Unlike most books on the topic, where I'll skip a chapter or two because I'm being preached the Gospel, Lomas infuses every part of the book with the need for a Savior without it blatantly tossed in your face.

Personally, I instantly related in his own identity crisis he shared at the beginning, being that I am a recent college grad who just stepped down from years in ministry working at Starbucks and dreaming of bigger and better things. The way he infused his anecdote was 100% relatable, and opened up the door for the issue of identity and trying to disassociate our careers and DOs from what really should be the "Truest Thing About You".

Mark-robyn says

This is one of the best books I have read in a long time. I feel as if it took me to new levels of understanding God's grace and continued work in me/us. There are so many things we think identify us but only as we fall into the revolutionary, all encompassing grace of God do "know who we are".

"You will not find your identity in what you have, but in who has you. You will not find your identity in what you do, but in what has been done for you. And you will not find your identity in what you desire, but in who has desired— at infinite cost to Himself— a relationship with you."

Paula Vince says

Pastor David Lomas comes across as an insightful, really nice person and I like what he sets out to prove, although it's probably nothing we haven't heard before, or don't know intuitively.

In a nutshell, our identity in Christ has nothing to do with how hard we work or what we manage to achieve. It starts with believing something about Jesus, and then believing something about ourselves in light of what we believe about Jesus. When we truly grasp this, we can 'have' things without things 'having' us.

We are loved for who we are, not for what we can produce. People tend to screw the biblical work mandate up in our minds. We take something which is part of what Lomas calls our 'Imago Dei' (our identity in God)- the call to work, and make it a source of our identity. Or an idol. Or an escape, excuse, or source of self-

worth.

I like his example of suddenly finding himself working as a nameless barista and waiter at his local Starbucks coffee shop, instead of being the hot-shot pastor he envisaged himself at the time.

He also addresses those times when we feel a need to complain about all we feel we're unfairly going through in our daily lives, without realising that God is standing by like a mother with a wet washcloth, wanting to scrub our faces clean and completely regenerate us.

Now that I've written this, I see something interesting. Although I wrote in my first paragraph that this material is probably nothing we haven't heard before, it certainly doesn't seem to sink in deeply for several of us, living in our everyday worlds which seem to keep encouraging ourselves to strive, base our value on shallow things and wear ourselves out. It might be healthy to keep reading books like this one, just to remind ourselves of what's really true.

Thanks to NetGalley and David C Cook for a review copy.
