



The Longing in Me: How Everything You Crave Leads to the Heart of God

Sheila Walsh

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Do your desires have you going around in circles? You may be looking for fulfillment in all the wrong places.

You vowed you'd never repeat the same mistakes--yet you find yourself right where you started. What is it that keeps drawing you back into the same old traps? The fact is, your longings are built from the blueprint of your needs: for protection, for love, for God. And those needs aren't going anywhere.

Sheila speaks candidly about the trials in her life, including the heartache of her first marriage, and intertwines her story with the biblical saga of King David. As both Sheila's and David's stories make clear, some cravings are misguided, but they all stem from the same hunger--and they will haunt you until that hunger gets satisfied properly.

If you keep reaching out to the wrong people at the wrong times in your own life, *The Longing in Me* will help you understand that your cravings are not the problem. It's where they lead you that makes all the difference.

The Longing in Me: How Everything You Crave Leads to the Heart of God Details

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From Reader Review The Longing in Me: How Everything You Crave Leads to the Heart of God for online ebook

Shana says

"The books or the music in which we thought the beauty was located will betray us if we trust to them; it was not in them, it only came through them, and what came through them was longing. These things—the beauty, the memory of our own past—are good images of what we really desire; but if they are mistaken for the thing itself they turn into dumb idols, breaking the hearts of their worshipers. For they are not the thing itself; they are only the scent of a flower we have not found, the echo of a tune we have not heard, news from a country we have never yet visited."

? C.S. Lewis, The Weight of Glory

"I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it's not the answer." Jim Carrey

"The Eagle and the Wolf" - great battle that rages inside me. One side is a soaring eagle. (True & beautiful). The other side... is a howling wolf (the worst in me). Who wins this battle? The one I feed.

Ruth Graham Bell gave her the book "Beside the Bonnie Brier Bush" by Ian Maclaren.

"Jesus came because we are all messed up—not because some of us are more messed up than others."

"No matter how brutal your story is—there is One who understands the depth of your pain and grief and offers to carry it for you. Matt 11:38-30. Rest here for a while. I understand the deep longing to be understood, to stand up for yourself, and to right the wrongs, but it's an exhausting process that only prolongs the pain."

I thought this was a beautiful and helpful book about how our longings point us to God. We can try filling them with lots of other things, but we will still feel empty inside.

Chapters / The Longing to be Chosen, Protected, for What Used to Be, for Control, for Your Rights, for That One Thing you think you need to be happy, to Make Everything Right, for What would glorify God, to Share the grace and mercy we've received from God, The Longing for God Alone

Imelda Nakamura says

This was an answer to prayer. A great read that is encouraging and full of Biblical principles that are timeless. Yes, God's love is gracious and merciful and indeed is unfair to our lowly minds. We can't fathom His love but oh how we are blessed to be His chosen ones.

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Katherine Jones says

Is this where I confess to never having read a Sheila Walsh book before? Considering that hers have sold in the multi-millions and I've been reading books of this ilk for eons, I feel that takes some doing. Let me hasten to add that my neglect has not been intentional, not at all. It's simply that her books have somehow never happened my way. But now I'm happy to say I've rectified that neglect and have tucked my first Sheila Walsh book under my belt.

I found her writing to be engaging, conversational, and personable, though I suspect her style might be more appealing to the forties and fifties crowd than the twenties and thirties. From page one, I was drawn into her personal story, which kept me hooked until the end as I really wanted to know how her story turned out. She's very respectful of others' privacy while quite transparent about her own life, giving enough detail to convey authenticity and relevance. Her story spools out gradually, and along the way, she weaves in the parallel course of King David's tale (along with an interesting sprinkling of tidbits from celebrity lives whose paths intersect with hers).

Three chapters in particular hit me in exactly the right place, three days in a row — boom, boom, boom. (That ever happen to you?) These were: The Longing for Control, The Longing for Your Rights, The Longing for That One Thing You Think You Need to Make You Happy. First of all, I found comfort in knowing I am not alone in these struggles (as the enemy would so often have me believe). Walsh's teaching also gave me a fresh way to understand my current challenges, and a way to move forward with strengthened hope and faith.

I gleaned a new understanding of David's story, facts and truths I'd never known before — and therefore new illumination into my own life and how to do things differently...better. Using her own story and David's as her vehicle, Walsh addresses the issue of longing that is present in every woman's soul in a deeply personal way.

Thanks to BookLook Bloggers and Thomas Nelson for providing me a free copy to review. All opinions are mine.

Michelle says

Well this book didn't really hit home with me as it did others. I like Sheila Walsh but this book was about a lot of personal pain that I honestly couldn't completely relate with. The book talks about Sheila's past and her pain and her life decisions and weaves David's story in with it for Biblical background. I found her personal life story interesting but I had read similar things in her previous book as well.

This book didn't do a lot for me but in reading other reviews many people enjoyed it and it hit home with them. So if you have some stuff in your past or feelings of guilt or confusion this is the book for you.

"I received this book from BookLook Bloggers for free in exchange for an honest review."

Tina says

I like Sheila Walsh's honesty; her identifying her faults so that we can also identify or learn from her mistakes and see the grace, forgiveness and mercy of God and learn to give it. Much of the book deals with King David and the reason why he was a man after God's own heart was not because he was perfect but because he loved God and when he sinned he owned his mistakes and came to God for forgiveness. He delighted in the Lord and knew the Lord delighted in him.

Heather King says

I've read several of Sheila Walsh's books by now and thought I knew most of her story, but her new book, *The Longing in Me*, is even more open and honest about where our cravings can take us when we look for fulfillment in the wrong places.

She weaves her own story in with the account of King David in Scripture and covers longings such as: The longing to be chosen, to be protected, for what used to be, for control, for your rights, etc. Interestingly, she didn't choose to focus on what we typically consider 'cravings,' and extended this list to include some of the eternal longings God Himself placed within us, like "the longing for what would glorify God or the longing to share the grace and mercy we've received from God, and the longing for God alone."

This book would work well for an individual read or for Book club to discuss. It does not include a study guide or discussion questions, so small groups would probably want to use the separate study guide instead.

This is one book that I read quickly because it drew me in, but it really deserves a slower re-read to let her points sink in. I loved that even after reading or hearing lots of lessons on David's life, I learned some fresh insights. Ultimately, the message Sheila drives home is that of grace: "He rescued us because He delights in us, not because we got it right and not because we got it wrong. Simply because He delights in us and invites us to delight in Him."

I received this book free from the publisher. I was not required to write a positive review and the opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255 : "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

Lora Jones says

Sheila Walsh hit the nail on the head with this book. She systematically takes us through the longings of our hearts and helps expose the struggles we have with God which have caused those cravings. The book is full of sentences that I have underlined and starred. Here's one of my favorites:

"Our scars can give life to others so that their scars might be smaller."

Kathy says

No matter how great your longing is for God, it will never, ever compare to His longing for you.
From the Introduction.

Sheila Walsh is an amazing Christian speaker and author. *The Longing in Me: How Everything You Crave Leads to the Heart of God* is an impressive book that is an excellent resource for *The Longing in Me* bible study.

The Longing in Me contains an introduction and ten chapters:

Introduction

1. The Longing to Be Chosen
2. The Longing to Be Protected
3. The Longing for What Used to Be
4. The Longing for Control
5. The Longing for Your Rights
6. The Longing for That One Thing You Think You Need to Be Happy
7. The Longing to Make Everything Right
8. The Longing for What Would Glorify God
9. The Longing to Share the Grace and Mercy We've Received from God
10. The Longing for God Alone

In *The Longing in Me*, Sheila Walsh brings the reader along on her journey as well as King David's journey. "As we walk through David's life, my life, and the lives of other women, we'll study the longings we all have and learn how to channel those to know God more and determine what to do when we lose our way. Longings are a part of life. They are not inherently good or evil." This is from the Introduction.

We need to be reminded that when we make bad choices, God still loves us. He is always there. Sheila Walsh helps ingrain this truth in us in *The Longing in Me*. She effectively utilizes biblical truths to help us in our journey. On the world of women she writes:

Men seem to wear their insecurities through sports or cars or the blond on their arm. But women display insecurity by deciding who is "in" and who is "out." As you know, women can be very cruel to each other. We love to point fingers and judge the thing that we're not tempted by as if it's a greater sin than the one we hide. In other words, we judge relentlessly those who sin differently than we do. Do we hope that it will make us feel better about ourselves? Judging others won't make us feel better. Not only that, but someday we may need the very mercy we now withhold. Chapter 10

I found this very fascinating...we judge relentlessly those who sin differently than we do.

I love Sheila's honesty. Sheila made a very bad choice in her first husband...I can relate and I know many other women can as well. I think this is a very valuable book for those of us who keep punishing ourselves for choices made when we were young.

Highly recommend *The Longing in Me* by Sheila Walsh. It will be a great bible study for small groups.

Nathan Albright says

[Note: This book was provided free of charge by Blogging For Books/Thomas Nelson Publishing in exchange for an honest review.]

This book opens with a quotation from C.S. Lewis' essay "Weight of Glory" that expresses his well-known feeling of *sehnsucht*, the longing for something that cannot be fulfilled by anything on this earth [1]. Yet although the author at least implicitly recognizes that longing is not simply a matter for women, this book resolutely acts as though the sole intended audience for the book is female. Perhaps the title of the book may be of most interest to women, but to assume that Christian women would be the only ones who would be interested in reading about how our every longing points ultimately to God is a very false assumption, and one that alienates a possibly substantial amount of readers. This is not a new problem, but this book assumes so often that its readers are female without any remote conception that men would read this book and find its subject matter worthy of reflection is worthy of being pointed out and lamented [2].

In terms of its contents and structure, this book is written in a very personal way, almost embarrassingly confessional. The author means her title very literally--when she writes about the longing in her, she talks about her longings very personally--her longing to be accepted by others, her guilt at having defended herself against her abusive father and giving him a brain injury that led him to be institutionalized until he escaped and met his death, her fierce protectiveness of her first husband, despite the fact that it alienated her from friends and colleagues, and the disastrous bankruptcy she faced with her second husband because of the housing bust. Her stories will likely be relatable to many of her intended audience, and more than a few men who have had disastrous experiences with catty women and broken family backgrounds and relationships. The book itself is divided into ten chapters totaling a little over 170 pages and focusing on ten longings: the longing to be chosen, to be protected, for what used to be, for control, for your rights, for that one thing you think you need to be happy, to make everything right, for what would glorify God, to share the grace and mercy we've received from God, and for God alone. The book begins in anguish and difficulty, with a story of a car accident on the drive with her first husband to their honeymoon, and ends in optimism and encouragement, like most of the psalms.

There is a lot about this book that is worthy of praise. The author speaks about a subject of great importance and does so in a thoughtful and compassionate way, showing her own wounds and scars and also the truth of God's grace and love. The book contains a large amount of personal stories to make it more emotionally relevant while also including a large amount of biblical quotations and sound exegesis, particularly of the story of David throughout his life, making the story biblically sound in its approach. The book is written about a subject that many millions of people can relate to, and does so in a way that encourages repentance and an honest acceptance of the consequences of sin, which is a worthwhile and important lesson if not a particularly enthusiastic one. Even so, although there is much to praise about this book, the author's misguided assumption about her audience, and her apparent desire to deliberately insult any unlucky guy who happens to read the audience by simply talking past and not recognizing such an audience makes this book an immensely frustrating sort of read, one that offers a great deal of worth, but one that comes with the sting of the insult of being mocked and entirely marginalized by hostile and unfriendly assumptions. If the author gets the chance to write a second edition of the book, that would be a massive error to correct with a relish.

[1] See, for example:

<https://edgeinducedcohesion.wordpress...>

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Judy says

I'm the Queen of making the same mistakes over and over much to my distress. Sheila Walsh addresses this problem in her own life while interweaving the Biblical story of King David. This book was a choice for a Monday morning study group and I'm certainly glad that it was chosen. An excellent read and a thought provoking book.

Kristi Dicks says

I loved this book. There is so much information. We all have a longing for something or someone more than us.

Cheryl Derijke says

This book is very thought provoking and inspirational. I read through it, but now am excited to start over and study the story of David and how his life is reflected in mine.

Sally Pope says

This book helped me understand myself better.

I would recommend this book to everyone who desires to have a better walk with God but finds them selves always straying away from Him. You allow obstacles to come between you and God. Finding out why you do this , will help you see the longing in you has always been for God. This book is an easy read, it flows well and stays with you even your finished

Katie says

This is a book worth savoring. Sheila Walsh invites us to walk through King David's life and relates it so well to our own. She weaves her story along with David's inviting us to walk alongside the longings that we all have. Sheila Walsh also points every longing to God, no earthly being or thing can satisfy. This was an excellent book and I highly recommend!

Katie says

She does a good job of describing the various longings we feel and she talked a lot about King David and how he had the same longings. However, the "how everything you crave leads to the heart of God" part, I felt like I had to do the mental lifting to connect these dots. It's not that she doesn't say anything about it, but it's not explicit. I feel like she talked more about how un-fulfilled longings drive us to go to God for comfort, help and hope. Which isn't quite how I interpreted the title. I should add that my interpretation was it was about how God IS the fulfillment of our longings which is what I don't think she made explicit - if it was even her intent. She could have meant something else by that title.
