



The Holy Longing: The Hidden Power of Spiritual Yearning

Connie Zweig

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What is the urge that drives people to search for God, to join religious movements, or to undertake a spiritual practice? In her counseling work with clients from every religious denomination, Connie Zweig found that this universal yearning—a secret feeling with many disguises—often lies hidden at the source of our life stories.

The obscure object of desire calls us to follow it, and we respond, even unknowingly. We pursue a romantic union, imagining that it will finally meet our deepest needs. Or we long for the light of God and undertake a demanding religious practice or discipleship, hoping that it will quench our thirst.

But sometimes our religious yearning goes awry. We may attribute it to an authoritarian personality who abuses us, leaving us feeling shocked and betrayed. Or we may direct our holy longing to another world, devaluing the pleasures of human life. Or worse, like cult members or fundamentalists, we may mistake death for transcendence and sacrifice our lives for paradise.

If you feel a gnawing yearning beneath your other yearnings no matter how many desires you satisfy; if you feel disillusioned with traditional religions but seek spiritual values and practices elsewhere; if you or a friend or family member suffer from religious abuse but long to rekindle the flame of faith, then this book can guide you from spiritual innocence through loss to spiritual maturity.

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