



# Active Spirituality: Grace and Effort in the Christian Life

*Brian G. Hedges*

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In *Active Spirituality*, Brian Hedges allows us to read someone else's mail. In a series of warm pastoral letters, written to a young Christian, he dives into the paradox of grace and effort in the life of faith.

Is my Christian life about trying or trusting? Would I describe my relationship to God as running or resting? Is my life more characterized by grace or effort?

Hedges makes it clear that it is both: trying and trusting, running and resting, dependence on grace and exerting disciplined effort. This balance is not about getting my doctrine right, but is key to living a healthy Christian life.

So pull up a chair, settle in, and read over Chris's shoulder as he tries to find a church, overcome discouragement, live a chaste life, and develop a plan for spiritual growth, all while learning to rest in the finished work of Jesus.

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