



# Fill These Hearts: God, Sex, and the Universal Longing

By Christopher West

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**Fill These Hearts: God, Sex, and the Universal Longing** By Christopher West

**The bestselling author, speaker, and teacher of John Paul II's Theology of the Body explores the yearning we all have for God and each other.**

*Fill These Hearts* is a book about *desire*. Not trivial wants or superficial cravings, but the most vital powers of body and soul, sexuality and spirituality, that haunt us and compel us on our search for *something*. Weaving life-altering lessons together from classical and contemporary art, pop music, movies, and the Christian mystical tradition, popular theologian Christopher West explores the ancient but largely forgotten idea that the restless, erotic yearnings we feel in both our bodies and our spirits reveal the cry of our hearts for God. Along the way, West blows the lid off the idea of Christianity as a repressive, anti-sex religion by demonstrating that Christ came to stretch and inflame our desire for love and union to the point of infinity.

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### Editorial Review

#### Review

"Well done! Christopher West has done a masterful job of confronting the inherent dualism lurking in much of modern Western theology, exposing the deepest longings of the human soul as an authentic yearning for union with God."

–Wm. Paul Young, author of *The Shack* and *Cross Roads*

"*Fill These Hearts* is a cultural balm. Christopher West writes with great love, of great love, drawing readers into His Sacred Heart."

–Kathryn Jean Lopez, nationally syndicated columnist and editor-at-large, *National Review*

"Christopher West has a great gift for theological exploration. In this book he weaves lessons from classical and contemporary art, pop music, movies and the Christian mystical tradition to explore the ancient idea that the yearnings we feel in our bodies and spirits reveal the cry of our hearts for God."

–Nicky Gumbel, vicar and bestselling author of *Questions of Life*

"Drawing deeply from the well of the Theology of the Body, Christopher West explains that the Faith is not simply about following a code of conduct but about *Beauty*. The beauty of the human body, the beauty of our culture and the beauty of the whole cosmos are all a reflection of this same Beauty. This is the mystery that needs to be proclaimed joyfully for all to hear for it holds the key to joy in this life and the next, for each of us. Above all, West writes with this joy."

–David Clayton, Artist in Residence and Fellow at Thomas More College

"Christopher West is a gifted and effective evangelist with a passion for tackling one of the greatest obstacles to belief today: the heresy that Christianity is a joyless, rule-bound religion. Not so, argues West, in this timely, powerful book. Drawing upon Scripture, the saints and the glimmers of truth in pop culture, West reminds us that Christianity is essentially a love story, and Christian sexual ethics exist to help us fulfill, not repress, our deepest desires. For anyone who has ever doubted that Christ's call to purity of heart is good news, *Fill These Hearts* will prove a surprising and consoling read, one with the potential to change your life as well as your mind."

–Colleen Carroll Campbell, author of *My Sisters the Saints: A Spiritual Memoir*

"In *Fill These Hearts*, Christopher West explains the nature of desire, freedom, and love, including erotic love. He does so as a believing Catholic, yes. But if you come to this book with the typical prejudices aimed at what Catholics believe about these things, you are likely to be shaken to your very core. Be warned: this book is unlike any other you've ever read. It holds up the spirit of our age – as expressed in modern, presumed "secular" idioms like rock 'n' roll and popular movies – and places it under the searchlight of the most fundamental understandings of human nature. What emerges is a book that is as knowing about the modern world as it is about the teachings of Christ and the mystic-saints who have followed him throughout the ages. In fact, West brings these phenomena together in a way that has never been done before, and does so without a false note on either score."

–John Waters, columnist, *The Irish Times* and author of *Lapsed Agnostic*

### About the Author

CHRISTOPHER WEST is a research fellow and faculty member of the Theology of the Body Institute. He is also one of the most sought after speakers in the Church today, having delivered more than 1,000 public lectures on four continents, in more than a dozen countries, and in over 200 American cities. His books-- Good News About Sex & Marriage; Theology of the Body Explained; and Theology of the Body for Beginners--have become Catholic bestsellers.

### Users Review

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##### David Sweet:

Do you one of people who can't read pleasant if the sentence chained inside the straightway, hold on guys this aren't like that. This Fill These Hearts: God, Sex, and the Universal Longing book is readable by you who hate those perfect word style. You will find the info here are arrange for enjoyable reading experience without leaving perhaps decrease the knowledge that want to supply to you. The writer associated with Fill These Hearts: God, Sex, and the Universal Longing content conveys the thought easily to understand by many people. The printed and e-book are not different in the information but it just different in the form of it. So , do you nevertheless thinking Fill These Hearts: God, Sex, and the Universal Longing is not loveable to be your top list reading book?

##### Bruce Healy:

Fill These Hearts: God, Sex, and the Universal Longing can be one of your basic books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to put every word into enjoyment arrangement in writing Fill These Hearts: God, Sex, and the Universal Longing however doesn't forget the main level, giving the reader the hottest and based confirm resource facts that maybe you can be among it. This great information may drawn you into completely new stage of crucial thinking.

##### Robert Holt:

Are you kind of occupied person, only have 10 or 15 minute in your day time to upgrading your mind expertise or thinking skill possibly analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your short period of time to read it because all this time you only find reserve that need more time to be examine. Fill These Hearts: God, Sex, and the Universal Longing can be your answer since it can be read by a person who have those short free time problems.

**Rose Duprey:**

What is your hobby? Have you heard that will question when you got students? We believe that that query was given by teacher on their students. Many kinds of hobby, Every individual has different hobby. Therefore you know that little person just like reading or as examining become their hobby. You need to understand that reading is very important in addition to book as to be the factor. Book is important thing to increase you knowledge, except your own teacher or lecturer. You get good news or update in relation to something by book. Numerous books that can you choose to use be your object. One of them are these claims Fill These Hearts: God, Sex, and the Universal Longing.

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