



# You Are What You Love: The Spiritual Power of Habit

*James K. A. Smith*

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# You Are What You Love: The Spiritual Power of Habit

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**You Are What You Love: The Spiritual Power of Habit** James K. A. Smith  
**You are what you love. But you might not love what you think.**

Who and what we worship fundamentally shape our hearts. We may not realize, however, the ways our hearts are taught to love rival gods instead of the One for whom we were made. And while we desire to shape culture, we are not often aware of how culture shapes us. In *You Are What You Love*, popular speaker and award-winning author James K. A. Smith helps us recognize the formative power of culture and the transformative possibilities of Christian practices.

"A user-friendly introduction to the sweeping Augustinian insight that we are shaped most by what we love most, more so than by what we think or do. If sin and virtue are disordered and rightly ordered love, respectively, and if the only way to change is to change what we worship, then this will lead us to rethink how we conduct Christian work and ministry. Jamie gives some foundational ideas on how this affects our corporate worship, our Christian education and formation, and our vocations in the world. An important, provocative volume!"

--**Tim Keller**, Redeemer Presbyterian Church, New York City

"What do you love? is the most important question of our lives. With his characteristic ease, energy, and insightfulness, Smith explores in this compelling book not only what it is that we should love but also how we can learn to love what we should."

--**Miroslav Volf**, Yale Divinity School; author of *A Public Faith* and *Flourishing: Why We Need Religion in a Globalized World*

"In this wise and provocative book, Jamie Smith has the audacity to ask the question: Do we love what we think we love? It is not a comfortable question if we strive to answer it honestly. Smith presses us to do so and then shows us the renewed and abundant life that awaits Christians whose habits and practices--whose liturgies of living--work to open our hearts to our God and our neighbors."

--**Alan Jacobs**, Honors College, Baylor University

"*Desiring the Kingdom* influenced me more than any single book of the past decade. I--and the rest of the church--owe a great debt to Smith's scholarship, now made particularly accessible in *You Are What You Love*. As a means for reimagining the task of discipleship, this book should be required reading for every pastor, lay leader, and parent."

--**Jen Pollock Michel**, author of *Christianity Today's* 2015 Book of the Year, *Teach Us to Want*

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