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Clark's "Every piece of me: Shattering toxic beliefs and discovering the real you" (book review)

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Book Reviews



Clark, J. (2017). *Every piece of me: Shattering toxic beliefs and discovering the real you*. Grand Rapids, MI: Baker Books. 233 pp. ISBN 9780801007644

In *Every Piece of Me* the seven “I Am” statements from the book of John are looked at in detail, each one relating to our identity in Christ. Because God is the great “I Am”, and He is enough, we can learn to recognize and understand that our identity is found in Him alone.

The author says that when individual’s introduce themselves they most often use a word like mother or father, wife or husband, daughter or son, sister or brother, friend, instead of just saying “I am _____.” The premise of this book is that we do not need to prove who we are according to what we do. We are in Christ and that gives us worth.

The chapter titled “You’re always in” gives wonderful insight into what it means to have absolute security in Jesus. He is the door or the gate that we can enter by and be safe. We can go in and out and have freedom in our lives because of the ultimate truth that we are always “in” Christ and that will never be taken away from us.

Another chapter titled “Satisfying your true hunger” was probably my favorite of the whole book. Learning to feast on the true bread that will ultimately satisfy our hunger is something that spoke to my soul. Jesus proclaimed himself the bread of life and yet how many of us neglect the true bread and are spending our lives on things that do not satisfy? Being content and grateful for the bread was a deep truth explained very well in this chapter.

The chapter “I’m not afraid of the dark anymore” addressed the “I am the light of the world” statement. Jesus came to be light to us, to make the darkness go away. The author gives many illustrations and Scripture verses about Jesus being the light of the world. These truths were presented in such a convincing way that if I was not already a believer I would have been strongly inclined to become one.

Four other statements in John – “I Am” the good shepherd, the resurrection and life, the true vine, and the way, truth and life, were all written about in the rest of the book, each one clearly expounded on and explained.

I read this book straight thru to do this review, but it is the kind of book that I would go back and study and read again. The “I Am” statements are familiar, yet I learned deeper truths about them reading this book. I would highly recommend it as a good devotional read.

Reviewer

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