



# Life with a Capital L: Embracing Your God-Given Humanity

*Matt Heard*

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*“Matt Heard writes winsomely and compellingly, answering that quiet aching so many people – yes, even Christians – have that there must be more to life.... I highly recommend Life With a Capital L!” - Joni Eareckson Tada, Joni and Friends International Disability Center*

**What is it that you long for? Dream about? Hunger after?**

We all desire more than just the endurance of our daily routines. But often we feel limited and stuck — like we’re merely existing instead of living.

That’s not the way it was meant to be. God intends the humanity in each of us to be deeply experienced, lavishly enjoyed, and exuberantly celebrated. In fact this is what the gospel is all about.

Yes, the gospel. Contrary to conventional thinking — inside and outside the church — following Jesus is not about denying our humanness but embracing it. Rather than acting more spiritual or being more religious, we’re called and enabled to become more fully human... and *alive*.

Matt Heard escorts us on a journey of discovery: that Jesus didn’t come to save us from our humanity — Christ instead yearns to restore it to what God originally intended. Matt then explores ten key areas where everyday life can become extraordinary Life.

Christ promised we could “live life to the full.” He didn’t just mean eventually.

*Life with a Capital L* is the Life you are longing for. *Now*.

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