

Stress Peace Amid Pressure Resources For Changing Lives

The Quick-Reference Guide to Addictions and Recovery Counseling
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Calming the Storm Within
Grieving a Suicide
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The Quick-Reference Guide to Addictions and Recovery Counseling

Helps us face the difficult question, Why do I keep doing that? Points to our heart, then to God, who can change even our motives.

Helping Your Child with Extreme Picky Eating

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Lost ambition. Emotional numbness. Fear and withdrawal. Fatigue. Marks of what is commonly called depression. If you are one of the many people suffering from depression, there is hope and there is help—a way up when you are down. Even if you don't feel like doing anything, this booklet provides manageable steps for getting started on the path that leads out of depression. Edward T. Welch helps us understand the spiritual issues involved, whether one's depression is caused by physical problems or results in them. Getting to the heart of what depression says and means, Welch guides us through a process of dealing with depression biblically and effectively.

Calming the Storm Within

"Guiding principles for stabilization and reconstruction presents the first-ever, comprehensive set of shared principles for building sustainable peace in societies emerging from violent conflict. A product of the collaboration between the United States Institute of Peace and the United States Army Peacekeeping and Stability Operations Institute, this manual reflects the input of dozens of institutions across the peacebuilding community. It is based on a comprehensive review of major strategic policy documents from state ministries of defense, foreign affairs and development, along with major intergovernmental and nongovernmental organizations that toil in war-shattered landscapes around the globe"--Page 4 of cover.

Grieving a Suicide

The ultimate spouse. The dream marriage. Where do they fall on your wish list? If your marriage seems less than ideal, is your patience with God wearing thin? It's possible to get caught up in our own dreams and expect God to deliver on our terms. But what if God's dream for your marriage differs from yours? What if his plan is to sanctify you through the struggles of a challenging relationship? If your dream for the ideal marriage were to crumble, would your hope and joy crumble with it? They don't have to. In this eye-opening booklet, Paul David Tripp shows how refocusing your dreams on God-centered priorities can invigorate both you and your marriage.

Why Me?

Someone you know and love has died. You feel the emptiness and sorrow of loss. That alone is extremely hard. But suicide adds many other painful reactions to the heartache that death brings. Common reactions are feelings of anger, guilt, betrayal, and many, many unanswerable questions. This is one of life's broken, dark experiences in which you need help and encouragement to remember that the promises and presence of your God and Savior are real. In the midst of this darkness, David Powlison points you toward God who will be with you, uphold you, and help you live by faith through this tragedy.

30 Days to Taming Your Stress

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We have many good reasons to worry. Jesus' words in Luke 12:22-34, however, give better reasons not to worry, and six steps to peace.

OCD

This report examines the links between inequality and other major global trends (or megatrends), with a focus on technological change, climate change, urbanization and international migration. The analysis pays particular attention to poverty and labour market trends, as they mediate the distributional impacts of the major trends selected. It also provides policy recommendations to manage these megatrends in an equitable manner and considers the policy implications, so as to reduce inequalities and support their implementation.

Seeing with New Eyes

Do you wish for more hours in the day? A shorter ?to do? list? Control in the midst of chaos? With insight and clarity, James C. Petty helps bring focus into frazzled lives. Using the ?Assessing My Priorities? worksheet, he walks us through the process of organizing time under the categories of God, the people of God, and God's work in the world. With sound biblical advice and practical application, this booklet demonstrates way in which we can reduce unnecessary stress, identify true priorities, and begin to get our overbooked schedules under control.

Marriage

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God's unconditional love. Sounds nice, but is it enough? Is there more to God's love? Describing unconditional love as detached blanket acceptance and benign affection, David Powlison challenges our common assumption about the nature of God's love. Although wonderfully accepting, divine love is also intrusive, intimate, personal, and active. Instead of simply loving us as we are, God loves us enough to change us. Powlison acknowledges four underlying truths of unconditional love, offers biblical improvements on the idea, and urges us to see God's love for what it really is—better than unconditional.

Anger

Anger. We all experience it, some more than others. When is it righteous and when is it not? How can we control our anger and not get caught in a maze of rage when things don't go our way? David Powlison takes a close look at anger to help us understand what it is and why we have it. He exposes three common misconceptions that leave us powerless to overcome anger. Using the illustration of a traffic jam, he probes the assumptions and cravings of the heart behind a typical angry response. In place of the false premises and futile consequences of ungodly anger, Powlison guides us to biblical truths and outcomes that honor God and teach us how to live.

Teens and Sex

How hard it is to see God's goodness in the face of tragedy and suffering! Feeling abandoned, we cry out

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to him, question him, turn away from him, perhaps even curse him. It may seem like he's cheated us—we've done our part following him, but he's let us down. Paul David Tripp helps hurting people see their circumstances from an eternal perspective. Gently uncovering the wrong motives, faulty reasoning, and misguided conclusions that can blind us to the truth of God's love and goodness, Tripp focuses us on the grand picture of eternity. His compassionate approach and scriptural advice will help bring strength and hope to grieving souls.

The Gospel at Work

Winner of the 2014 Christian Book of the Year Award “I’M TOO BUSY!” We’ve all heard it. We’ve all said it. All too often, busyness gets the best of us. Just one look at our jam-packed schedules tells us how hard it can be to strike a well-reasoned balance between doing nothing and doing it all. That’s why award-winning author and pastor Kevin DeYoung addresses the busyness problem head on in his newest book, *Crazy Busy* — and not with the typical arsenal of time management tips, but rather with the biblical tools we need to get to the source of the issue and pull the problem out by the roots. Highly practical and super short, *Crazy Busy* will help you put an end to “busyness as usual.”

Guiding Principles for Stabilization and Reconstruction

The complex and dynamic interlinks between natural

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resource management (NRM) and development have long been recognized by national and international research and development organizations and have generated voluminous literature. However, much of what is available in the form of university course books, practical learning manuals and reference materials in NRM is based on experiences from outside Africa. *Managing Natural Resources for Development in Africa: A Resource Book* provides an understanding of the various levels at which NRM issues occur and are being addressed scientifically, economically, socially and politically. The book's nine chapters present state-of-the-art perspectives within a holistic African context. The book systematically navigates the tricky landscape of integrated NRM, with special reference to Eastern and Southern Africa, against the backdrop of prevailing local, national, regional and global social, economic and environmental challenges. The authors' wide experience, the rich references made to emerging challenges and opportunities, and the presentation of different tools, principles, approaches, case studies and processes make the book a rich and valuable one-stop resource for postgraduate students, researchers, policymakers and NRM practitioners. The book is designed to help the reader grasp in-depth NRM perspectives and presents innovative guidance for research design and problem solving, including review questions, learning activities and recommended further reading. The book was developed through a writeshop process by a multi-disciplinary team of lecturers from the University of Nairobi, Egerton University, Kenyatta University, the University of Zimbabwe, the University of Malawi, Makerere

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University and the University of Dar es Salam. In addition, selected NRM experts from regional and international research organizations including the World Agroforestry Center (ICRAF), the Africa Forest Forum, RUFORUM, IIRR and the International Development Research Centre (IDRC) participated in the writeshop and contributed material to the book.

When Cancer Interrupts

When it comes to anxiety, depression, and stress-related illnesses, America is the frontrunner. Thankfully, there's a practical prescription for dealing with them. *Anxious for Nothing*, from New York Times bestselling author, Max Lucado, provides a roadmap for battling with and healing from anxiety. Does the uncertainty and chaos of life keep you up at night? Is irrational worry your constant companion? Could you use some calm? If the answer is yes, you are not alone. According to one research program, anxiety-related issues are the number one mental health problem among women and are second only to alcohol and drug abuse among men. Stress-related ailments cost the nation \$300 billion every year in medical bills and lost productivity. And use of sedative drugs like Xanax and Valium have skyrocketed in the last 15 years. Even students are feeling it. One psychologist reports that the average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950s. Chances are, you or someone you know seriously struggles with anxiety. Max writes, "The news about our anxiety is enough to make us anxious." He knows

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what it feels like to be overcome by the worries and fear of life, which is why he is dedicated to helping millions of readers take back control of their minds and, as a result, their lives. *Anxious for Nothing* invites readers to delve into Philippians 4:6-7. After all, it is the most highlighted passage of any book on the planet, according to Amazon: Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. In the characteristic tone of his previous books like *You'll Get Through This* and *Fearless*, Max guides readers through this Scripture passage and explains the key concepts of celebration, asking for help, leaving our concerns, and meditating. Stop letting anxiety rule the day. Join Max on the journey to true freedom and experience more joy, clarity, physical renewal, and contentment by the power of the Holy Spirit. Anxiety comes with life. But it doesn't have to dominate your life.

Pornography

Reveals a suicidal person's inner world and thought patterns, helps one to assess the risk of suicide, and improves one's ability to help suicidal people.

Worry

Written by the counselors at the Christian Counseling and Educational Foundation in Glenside, Pennsylvania, these booklets are the first six in a

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series that will address a wide range of topics and will minister the life-changing power of the gospel to hurting people.

Crazy Busy

Deborah Smith Pegues, bestselling author of *30 Days to Taming Your Tongue* (over 500,000 copies sold), leads readers to tame their stress and exchange it for peace in just one month's time. With insight gleaned from her experience as a certified behavioral consultant, Deborah uncovers the surprising causes of stress and reveals simple, life-changing cures, such as extending grace, mercy, and respect to others telling the truth and striving to do the right thing accepting yourself and being able to laugh at yourself deleting stress-related words from your vocabulary reciting Scripture affirmations daily This spiritual and practical offering will release readers from worry and will increase their sense of purpose, direction, contentment, and freedom.

Depression

Find God's vision for your job. Reclaim God's vision for your life. Many Christians fall victim to one of two main problems when it comes to work: either they are idle in their work, or they have made an idol of it. Both of these mindsets are deadly misunderstandings of how God intends for us to think about our employment. In *The Gospel at Work*, Sebastian Traeger and Greg Gilbert unpack the powerful ways in which the gospel can transform how we do what we

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do, releasing us from the cultural pressures of both an all-consuming devotion and a punch-in, punch-out mentality—in order to find the freedom of a work ethic rooted in serving Christ. You'll find answers to some of the tough questions that Christians in the workplace often ask: What factors should matter most in choosing a job? What gospel principles should shape my thinking about how to treat my boss, my co-workers, and my employees? Is full-time Christian work more valuable than my job? Is it okay to be motivated by money? How do you prioritize—or balance—work, family and church responsibilities? Solidly grounded in the gospel, *The Gospel at Work* confronts both our idleness at work and our idolatry of work with a challenge of its own—to remember that whom we work for is infinitely more important than what we do.

PTSD

Demonstrates how God calls all individuals to express meaning and purpose through a career, sharing spiritual insights into finding relevance in cutthroat professional environments and staying true to Christian values in spite of competition.

Every Good Endeavor

Your cancer diagnosis comes as a surprise--and not a pleasant surprise. It is a hard and threatening jolt. Perhaps you are still in shock. Still trying to wrap your mind around the new reality of your diagnosis and what it means for your present and future. Is it

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possible to walk by faith on this difficult journey? David Powlison, speaking both as a counselor and as someone who has been diagnosed with cancer four times, describes the uncertainty, the physical pain, and the emotional and spiritual struggles that come with a cancer diagnosis. There are no easy answers or quick fixes when you have cancer. But the presence and purposes of Christ make a decisive difference. He is the one who knows you, loves you, and promises to be with you as you walk through a valley of the shadow of death.

Bad Memories

Obsessive-compulsive thinking and behavior: Is it disobedience? Is it a disease/disorder? Both? How can you tell? How can you help? Emlet discusses the causes of OCD and gives a biblical approach to helping those who fight it. He shows how trusting in Jesus Christ "brings freedom from the tyranny of performance and perfectionism."

Priorities

?Homosexuality is the hot issue of the day, ? says Edward T. Welch in this booklet. ?Even more than abortion, it will confront the church throughout this generation, forcing us to listen, study, and respond wisely.? How can we answer claims that the Bible does not prohibit committed homosexual relationships? Or that science proves that homosexuality is genetic, not a chosen lifestyle? Welch supplies us with timely biblical and biological

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insight into homosexuality. Just as importantly, he calls us to examine our attitudes in order to minister to homosexuals truthfully, compassionately, humbly, and persuasively.

Wide Awake

Is it possible not to be controlled by life's stressful circumstances and relationships? The author says Psalm 131 shows how to quiet your soul before God.

School, Family, and Community Partnerships

The Quick-Reference Guide to Counseling Women

The Rcl Display Holds 12 different booklet titles, and as many as 20 of each of the booklets. The display is FREE with the purchase of 20 of each booklet.

God's Love

Women have unique needs and unique problems that require understanding, empathy, and direction from their pastors and counselors. For anyone who is called to counsel women, The Quick-Reference Guide to Counseling Women will be a welcome guide to bring hope, life, and freedom to women in need. This A-Z guide gives pastors, professional counselors, and lay helpers the information they need to help female church members, clients, and friends work through

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their spiritual and emotional issues. The many topics addressed include: healthy relationships conflict and stress sexuality, pregnancy, and infertility emotional and physical abuse roles of women Each of the forty topics covered follows a helpful eight-part outline and identifies typical symptoms and patterns, definitions and key thoughts, questions to ask, directions for the conversation, action steps, biblical insights, prayer starters, and recommended resources. "The most comprehensive, cutting-edge resource to date on addressing the real issues women face."--Stormie Omartian, author of the bestselling *The Power of Praying*® books "I'm so grateful for this resource. The Quick-Reference Guide to Counseling Women will assist you in working with women on their healing journey."--Jennifer Rothschild, Jennifer Rothschild Ministries "Whether you work in women's ministry, lay counseling, or professional counseling, you'll want to have this book on hand. It will become one of your most often-used resources."--Carol Kent, speaker and author of *Between a Rock and a Grace Place* Tim Clinton (EdD, The College of William and Mary) is president of the American Association of Christian Counselors (AACC), executive director of the Center for Counseling and Family Studies, professor of counseling and pastoral care at Liberty University and Liberty Baptist Theological Seminary, and a licensed professional counselor. Diane Langberg (PhD, Temple University) is a practicing psychologist whose clinical expertise includes thirty-five years of working with trauma survivors and clergy. She is the director of Diane Langberg, Ph.D. & Associates, a group practice in suburban Philadelphia, and an adjunct professor of practical theology at Westminster Theological

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Seminary.

Suicide

Private sexual fantasy can preoccupy vast areas of a person's mental life, notes David Powlison. As explicit sexual images proliferate in films and magazines, on television, and over the Internet, the temptations increase and the bondage seems unbreakable. Even Christians can find that their lives have become a push-pull struggle between indulging in fantasy and resisting it. Is it really possible to slay the dragon of pornography and fantasy once it has gained control of your life asks Powlison. The answer is yes, as you will see from this interview with a man called Bob, who experienced Christ's deliverance in this part of his life.

Suffering

Written by the counselors at the Christian Counseling and Educational Foundation in Glenside, Pennsylvania, these booklets are the first six in a series that will address a wide range of topics and will minister the life-changing power of the gospel to hurting people.

Grief

Pastors and church leaders are in need of mature, godly elders to ensure church health, but the training of elders is often entirely missing or badly neglected. What if there were a process to proactively call and

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train elders? The New Elder's Handbook is designed to equip elders with the knowledge, character, and skills the office calls for. It takes church leaders through the development of a vision for ministry, recruitment of elders to carry out that vision, and specific, biblical training, providing a way to be intentional about developing elders.

I'm Exhausted

The newest addition to the popular Quick-Reference Guide collection, The Quick-Reference Guide to Addictions and Recovery Counseling focuses on the widespread problem of addictions of all kinds. It is an A-Z guide for assisting pastors, professional counselors, and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations. Each of the forty topics covered follows a helpful eight-part outline and identifies (1) typical symptoms and patterns, (2) definitions and key thoughts, (3) questions to ask, (4) directions for the conversation, (5) action steps, (6) biblical insights, (7) prayer starters, and (8) recommended resources.

Stress

Introduces the fundamental principles and practices of Buddhism to teenage readers, explaining the ancient teachings and how they relate to such crucial issues as self-esteem, dealing with stress and emotional problems, fostering peace, and coping with peer pressure, and offering advice on meditation.

Original.

The Economic Consequences of the Peace

"This is the best book on attaining peace that I've ever read it has all the makings of a classic. Here's why I like this book: It's relevant (who doesn't want greater peace?); It's human (Jim shares, doesn't preach); It's engaging (enjoyable to read, its lessons very practical); And, it's biblically rooted (I'm frankly suspect of other peace-prescriptions). It's just what you and I need as we try to navigate our pressure-packed lives " John D. Beckett, Chairman, The Beckett Companies Author: Loving Monday and Mastering Monday One of the few constants in life is change. Our lives are so unpredictable. Jobs are lost. Health falters. Loved ones pass away. Relationships get rocky. Stress comes like a tidal wave. Being a follower of Jesus doesn't necessarily make it easier. In fact, He told us we'd have trouble in this life: "In this world you will have trouble..".That means all of us. Guaranteed. While Jesus didn't leave us without hope, trouble often brings with it a lack of peace. We become prisoners to worry, anxiety and fear. Thankfully, Jesus didn't stop there. We CAN be free. After making this prediction of trouble in our lives, Jesus was also quick to remind us that He is bigger than any of our troubles: "But take heart I have overcome the world." Jesus not only came to provide a way to heaven-He came to give us life to the full. That means inner peace in recessions. Serenity in the midst of relationship struggles. Calm regardless of circumstances. This isn't just any kind of

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peace it is the peace which transcends all understanding, a level of peace that we cannot imagine. And God has made this readily available. So take hold of this peace. It's meant for you. This easy-to-read book walks the reader through a process to discovering peace in the midst of the chaos which abounds in your life. Because it is rooted in Scripture, if you follow the principles outlined here you WILL find true, lasting peace regardless of the circumstances in your life.

The New Elder's Handbook

This book consists of essays by a highly regarded biblical counselor written over almost twenty years. Some of these pieces exegete Scripture with a counseling perspective, while others recast specific psychological problems. This book explores two main topics. Scripture: God's voice speaks into real life to reveal the gaze and intentions of the Christ who pursues us. How do we embrace, probe, and unravel Scripture? Understanding people amid their real life struggles: How do we embrace, probe, and unravel the problems of daily life?

World Social Report 2020

The event occurred in the past, possibly many years ago, but you still carry it with you wherever you go. Some days the memory keeps replaying over and over again in your mind. You feel angry, jumpy, maybe even guilty or ashamed. You want to move on with your life and wonder why you can't just "get over

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it." With wisdom and compassion gleaned from many years of counseling, Timothy S. Lane walks with you through this difficult struggle. As he unpacks God's message to you in the Bible, you will begin to realize that you are not alone in your struggle. Christ, who himself suffered intensely, is with you. You can trust him to guide you through the gradual process of healing.

Add: Wandering Minds and Wired Bodies

Strengthen family and community engagement to promote equity and increase student success! When schools, families, and communities collaborate and share responsibility for students' education, more students succeed in school. Based on 30 years of research and fieldwork, this fourth edition of a bestseller provides tools and guidelines to use to develop more effective and equitable programs of family and community engagement. Written by a team of well-known experts, this foundational text demonstrates a proven approach to implement and sustain inclusive, goal-oriented programs. Readers will find: Many examples and vignettes Rubrics and checklists for implementation of plans CD-ROM complete with slides and notes for workshop presentations

Managing Natural Resources for Development in Africa

Do memories of your past haunt you? Is there help for people who suffer because of their own past? Most

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people who suffer from bad memories want them to disappear. On the other hand, some want to deny the problem and ?just forget the past.? Robert D. Jones shows that God provides a solution to the haunting problem of nagging bad memories. What is God's answer? If you belong to Jesus, God does have something better for you, Jones writes. God does not want to remove your memories; he want to transform them into something good. Your bad memories of past sins-even the worst ones-can be opportunities for life-changing growth. You do not need to avoid, run from, or get rid of your past. Jones points out that painful thoughts may still intrude, but you need not escape them. God is bigger than your past.

Anxious for Nothing

In *Helping Your Child with Extreme Picky Eating*, a family doctor specializing in childhood feeding joins forces with a speech pathologist to help you support your child's nutrition, healthy growth, and end meal-time anxiety (for your child and you) once and for all. Are you parenting a child with 'extreme' picky eating? Do you worry your child isn't getting the nutrition he or she needs? Are you tired of fighting over food, suspect that what you've tried may be making things worse, but don't know how to help? Having a child with 'extreme' picky eating is frustrating and sometimes scary. Children with feeding disorders, food aversions, or selective eating often experience anxiety around food, and the power struggles can negatively impact your relationship with your child. Children with extreme picky eating can also miss out

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on parties or camp because they can't find "safe" foods. But you don't have to choose between fighting over every bite and only serving a handful of safe foods for years on end. *Helping Your Child with Extreme Picky Eating* offers hope, even if your child has "failed" feeding therapies before. After gaining a foundation of understanding of your child's challenges and the dynamics at play, you'll be ready for the 5 steps (built around the clinically proven STEPS+ approach—Supportive Treatment of Eating in PartnershipS) that transform feeding and meals so your child can learn to enjoy a variety of foods in the right amounts for healthy growth. You'll discover specific strategies for dealing with anxiety, low appetite, sensory challenges, autism spectrum-related feeding issues, oral motor delay, and medically-based feeding problems. Tips and exercises reinforce what you've learned, and dozens of "scripts" help you respond to your child in the heat of the moment, as well as to others in your child's life (grandparents or your child's teacher) as you help them support your family on this journey. This book will prove an invaluable guide to restore peace to your dinner table and help you raise a healthy eater.

Homosexuality

?Why is this happening to me? Where is God in my time of anguish Knowing our hearts, God has spoken powerful words of comfort. Psalm 10, for example, is God's word to those who have been victimized by others. It guides people into knowing God in the midst of being violated.

Motives

No matter what the circumstances, death shakes us to the core. It seems so wrong, and it is! We long for comfort, but we don't know where to look. Can God really help when we are overwhelmed with grief? With compassion and biblical wisdom, Paul David Tripp shows us how to think and what to do when death enters our door. He reminds us that we have a Savior who knows our sorrows, hears our cries, and promises to one day wipe away all tears. Hope and healing come from our relationship with Jesus, the One who promises to walk all the way through the valley of the shadow of death with us.

Sexual Sin

As a chronic fatigue sufferer, life as you once enjoyed it has ceased. Fatigue can be brought on by a myriad of physical, emotional, or spiritual issues. But, whatever the cause, your entire world is now affected by your diminished physical strength. David Powlison understands how debilitating and demoralizing a constant state of fatigue can be through his own five-year struggle after heart surgery. Powlison encourages sufferers that, unlike the world, God embraces the weak and provides strong, enduring resources through Christ for moment-by-moment strength. Readers will learn to adjust their thoughts and expectations and lean into the steady arms of Christ.

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