



Down, But Not Out: How To Get Up When Life Knocks You Down (Strength for Life)

By Wayne A. Mack

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Do circumstances control you? Do you worry about your next career move? Are you over-worked or missing deadlines? Are you unsure of the next step? Life is full of problems that can bring us down. As Christians, however, we know that Jesus overcame the world, and by His power at work within us, we can as well.

In Down, but Not Out, Wayne Mack brings biblical counsel to people suffering from worry or spiritual burnout—two major problems that knock us down. Other chapters treat "downers" such as self-pity, discontentment, discouragement, perplexity, and hopelessness.

Down, but Not Out is a resource for everyone, whether they're a minister, business woman, student, or counselor. Incisive discussion questions make it a perfect resource for either personal or group study.

"Dr. Mack brilliantly turns our gaze away from self and troubles to rivet our attention on the dazzling majesty of God." —from the foreword by Richard Mayhue, Executive Vice President of The Master's College and Seminary

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Editorial Review

Review

"This book is greatly needed and immensely helpful. It seems to me that far too many Christians live without relief from the troubles of life, or occasionally experience momentary peace. And some may make it barely above the line between pain and pleasure. But any of that is unnecessary for a Christian. There is a supernatural way to overpower trouble, to live in genuine contentment with a deep down peace and an unassailable joy. This is not some ambiguous secret, nor is it reserved for those who have more positive circumstances. Every believer can enjoy triumph in trouble. In fact, that is what God wants for us. Wayne Mack shows us how." --**Dr. John MacArthur**, Pastor & Teacher, Grace Community Church in Sun Valley, CA

"What a timely message for a troubled age. Wayne Mack writes with the wisdom of a seasoned counselor and the knowledge of a biblical scholar. This book will be a great blessing to people in trouble and those trying to help them." --**Dr. Steve Viars**, Senior Pastor, Faith Baptist Church, Lafayette, IN

"*Down but Not Out* is written with the theological integrity and biblical practicality that you have come to expect from one of the world's foremost Christian Counselors. This is a book that worriers (and those who want to help them) have been waiting for." --**Lou Priolo**, Director of Counseling at Eastwood Presbyterian Church, Montgomery, Alabama and author

From the Publisher

- Motivates readers to pray more and as Jesus taught us to pray
- Draws heavily on the Lord's Prayer
- Includes discussion questions for either personal or group study

About the Author

Wayne Mack lives in Pretoria, South Africa, where he serves as a pastor-elder with his son-in-law and teaches biblical counseling at Strengthening Ministries Training Institute to pastors and aspiring pastors in the region. He also spends about six weeks in the USA teaching at various churches. He and his wife, Carol, have four adult children and numerous grandchildren.

Users Review

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David Colon:

Why don't make it to be your habit? Right now, try to prepare your time to do the important act, like looking for your favorite reserve and reading a reserve. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled Down, But Not Out: How To Get Up When Life Knocks You Down (Strength for Life). Try to the actual book Down, But Not Out: How To Get Up When Life Knocks You Down (Strength for Life) as your buddy. It means that it can to be your friend when you truly feel alone and beside that of course make you smarter than before. Yeah, it is very fortunated for you. The book makes you far more confidence because you can know everything by the book. So , let me make new experience as well as knowledge with this book.

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Ann Conley:

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