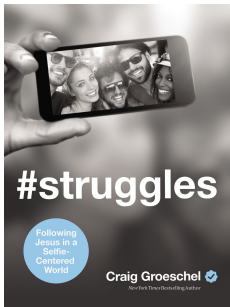


# GLUTENWIKI.COM Ebook and Manual Reference

## STRUGGLES EBOOKS 2019



Author: Craig Groeschel

Release Date: Expected @@expectedReleaseDate@@

We all love the benefits of technology and social media, but even with the incredible upsides, many of us suspect there are unintended negative consequences that are beyond our control. We've lost perspective, even perhaps ourselves. In this relevant and life-changing new book, New York Times bestselling author and pastor of LifeChurch.tv Craig Groeschel encourages readers who are hungry to regain control over their lives and put Christ first again. He walks them through biblical values that all Christ followers know are essential, but are even more important for the maxed out, selfie-centered world we live in. The more you compare, the less satisfied you are. The more we interact online, the more we crave face to face intimacy, but the harder it is to have. The more filtered our lives become, the harder it is to be authentic. The more information about the pain in the world we're exposed to the more difficult it is to care. It's time to refresh and rediscover our understanding for today's world the biblical principles that life with Christ brings: contentment, intimacy, authenticity, compassion, rest and more. Groeschel taps some of the most up to date studies on the effects of social media on our emotions and our friendships, and shows us through real-life illustrations how we struggle and how we can overcome our struggles with Jesus' life-changing gospel message. With helpful appendices like the 10 Commandments of Using Social Media to Strengthen Your Faith, a challenge to go on Technology Fasts, and Creating Safeguards for Your #Struggles, you'll find #Struggles to be just the guide to bring balance and real-life engagement to your everyday living.

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