

LESSONS FOR LIFE BOON

GOING

NOWHERE

FAST

KENNETH HAMMOND

INTRODUCTION

People often get caught up in the fast paced hustle and bustle of everyday life. Most people think that's a normal way to live. But Christians, are taught to live just the opposite. Based on scriptures 'In the world, not of the world' and 'Do not conform to the patterns of this world' **GOING NOWHERE FAST** lists some common everyday activities that Christians are taught not to participate in, conform to, or even be part of, unless working to change it. Also includes sayings and colloquialisms that can help you take a break along the way.

GOING NOWHERE

F A S T

C O N T E N T S

1. Hustle And Bustle 05

2. Twenty Things That Cause **Stress**
And How To Eliminate Them From Your Life xx

3. Twenty Things That Cause **Mess**
And How To Eliminate Them From Your Life xx

GOING NOWHERE

F A S T

4. Twenty Things That Cause **Distress**
And How To Eliminate Them From Your Life xx

5. Twenty Things That Cause **Unrest**
And How To Eliminate Them From Your Life xx

And Much More



**CHAPTER
ONE**

HUSTLE & BUSTLE

GOING NOWHERE

F A S T

HUSTLE & BUSTLE

Life can seem to be going 100 miles an hour. Things can be stressful. Just going to work every day, driving amongst people who seem not to care that they have to share the road, can be a hair-pulling experience. Dealing with employers or co-workers who, in your opinion, never got in the line for brains when they were being handed-out, can in itself contribute to that headache you come home with at the end of most days. If you're living a life where you look forward to "Friday" to start the weekend, more than you do "Sunday" to go to worship with other believers, you may be caught up in the hustle and bustle of daily life. Don't panic. Although you're probably way past the panic stage, and are simply surviving to live and fight another day. That scenario is completely and totally opposite of how Christ said we could enjoy our lives.

GOING NOWHERE

F A S T

LIFE ABUNDANTLY

Jesus said He came so we could have life and have it more abundantly. That means enjoying all the things in life that God has provided, but without the stress that comes along with trying to either keep up with the Joneses, or working to simply pay bills and survive. But how do we manage to enjoy our lives, when there is just so much stuff to do that causes stress? Simple. We must learn to eliminate the desire to do so much stuff, by remembering and constantly reminding ourselves and each other that we are not supposed to conform to the patterns of this world, and that we live in the world but are not supposed to live like we are of the world. Living life and living it more abundantly starts with a concerted effort to truly eliminate stress in our lives. In order to do this we must take a hard and honest look at exactly what we allow in the world to pattern our lives, rather than working diligently to conform our lives to the pattern that our Lord and Savior Jesus Christ established, and showed us how to live by being a living example for us to follow. Jesus lived his life on earth in meaningful fashion and doing meaningful things. Although many would say there weren't nearly as many distractions back then as there are now, but let's take a look at some of the ways Jesus did it.

Slow Down

**THE ROAD TO
WHEREVER
IT IS YOU'RE
RUSHING
TO GET TO**

GOING NOWHERE

F A S T

**will be there
when you arrive
right?**

4 CATEGORIES

This book deals with four categories that cause problems in our life from us rushing to and fro trying to get to where? Only you know. On the top half of each page, we'll take a look one thing that either:

CAUSES STRESS

CAUSES MESS

CAUSES DISTRESS

CAUSES UNREST

GOING NOWHERE

F A S T

Then on the lower half of each page, "FROM A CHRISTIAN PERSPECTIVE" we'll take a look at ways within each of the four problems listed above that helps you to:

DELEGATE

...to others so your plate isn't so full. (Jesus used 12 people).

ELIMINATE

...move things off your schedule and from your life so you can breath. Why? Because the two activities above...help you do these below:

ALLEVIATE

...delegating to others and eliminating things from your schedule helps you to alleviate stress, stay out of other folks mess, put a stop sign up before you answer calls of distress; and allows you time to...

APPRECIATE

...what you have instead of constantly chasing after the things you don't. And yes...we're going to go through your closet to see what is hidden in there that you've never worn, that we can give away to someone who will appreciate having it and will wear it.

**CAUSE
OF STRESS**

**WORKING A JOB
THAT YOU
DON'T LIKE**

Jesus certainly didn't like the pain and suffering he was going to have to face, but He knew it was necessary and for our greater good.

GOING NOWHERE

F A S T

DELEGATE

- ...to co-workers so your plate isn't so full. (Jesus used 12 people).
- ...to other companies to get done quicker. (farm it out)
- ...tell our boss you have too much work and need help. (tell the truth)

ELIMINATE

- ...things from your schedule after work so you can breath at work.
- ...things that have no bearing on whether or not you get to Heaven.
- ...going to the bar and going on dates that will cause you to fornicate.

ALLEVIATE

- ...stress through delegating work to others when you can.
- ...distress eliminating the unnecessary.
- ...mess by not answering when problems show up on caller ID.
- ...unrest by going straight home from work and getting in the bed.

APPRECIATE

- ...your workplace because many people are unemployed.
- ...things you've already accomplished at work.
- ...people who speak blessings and other good things into your life.

Slow Down

WHY RUSH?

GOING NOWHERE

F A S T

**IF IT'S MEANT
FOR YOU TO HAVE
IT'LL BE THERE
WAITING
RIGHT?**

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Brother Keith Hammond

ABOUT THE AUTHOR:

Brother Keith is a born again Christian. He is a Spirit-led man of God, teacher and author. His life has been transformed from things such as pride and prison to passion and purpose.

God is the author of the Bible. It is meant to be our instruction manual, our roadmap home. Without it, we are lost. Use the information in these books to help you and others.

God destroys the darkness behind us, to direct us toward our destiny ahead. So whatever you do on your journey, never turn back. God bless you in your walk with Christ. Amen.

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