



True North: Choosing God in the Frustrations of Life

Gary Heim, Lisa Heim

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Every day we face some kind of frustration: flat tires, flooded basements, wounding words, a broken body, a troubled marriage?trouble comes in all shapes and sizes and can happen when we least expect it. While everyone struggles, few people have learned to struggle well. But it's not impossible!

Frustrations arise when we look to people and things of this world to fill our desires, rather than to the only One who can really satisfy us. *True North* offers a unique, biblical paradigm that gives understanding and help to turn to God in the frustrations of life. Frustration often causes us to "go south" and react in the flesh. We grumble and grasp. God calls us to "go north" and respond to hardship with wisdom and redemptive love. Combining biblical insight with personal stories, practical help, and compelling examples, authors Gary and Lisa Heim encourage readers to turn from self-centered grumbling and grasping to Christ-centered gratitude and giving. As they read stories of hardships and trials, successes and profits, readers will see how frustrations can actually help them grow in their personal lives, in their marriages, in their parenting, and in their ministries.

Believing that learning to live for God through all of life's frustration is an intentional activity for every day, the Heims also provide discussion questions at the end of each chapter to help readers apply biblical truths to situations where frustrations loom. Perfect for use in ministry settings or as a handbook for personal growth, *Truth North* shows readers how to embark on the life-giving adventure of walking with God.



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