

# *I Will* **RISE**

*Are you feeling overscheduled and exhausted after trying to “do it all?”  
By casting aside the distractions of this world and turning our focus to Christ, we will discover the true rest our soul desires.*



## ***Overcoming Modern Distractions and Finding True Rest in Christ***

As a busy wife and mom with three kids, I tried to “do it all.” I kept my calendar and my heart full of obligations and tasks mandated by this world, and started to see quiet time with Christ as yet another item to cross off my “to do” list. I found myself physically, emotionally and spiritually drained. Twice, God knocked me over and forced me to rest . . . and what a beautiful peace I discovered! I began to hear His voice over the noise of the world. Instead of being exhausted, I felt rested. Instead of stress, I felt contentment.

As Christians, we proclaim to love Jesus. But do our schedules match this? Being too busy often means we push God aside, and we find ourselves simply exhausted. Distractions in our lives can escalate to hidden idols if we aren’t careful. If we can identify and cast aside these hidden idols that have overtaken our lives, we can discover the true rest and peace only Christ offers.



**Jennifer Andes** is an ordinary Christian wife and mom, trying to manage the daily lives of her three children while also deepening her relationship with Christ. In a world filled with distractions and demands, she understands the dynamic of trying to

balance consistent, quality time with Christ and meeting the needs of her family and friends. She serves in family ministry at LifePoint, where she attends church with her husband and children. She is passionate about learning as much as she can about Scripture, and is a collector of Bible studies. Jennifer has an active blog, where her writings encourage other women on their personal walks with Christ.

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A rough draft of the manuscript is available immediately. I am in the process of editing and reworking a few chapters. Completion of the book by October 1, 2017.

Market: 18-55 year old women broadly, specifically moms, but all women will relate to this topic