



Tired of Trying to Measure Up: Getting Free from the Demands, Expectations, and Intimidation of Well-Meaning People

Jeff VanVonderen

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Are you always trying hard, but feel like it's never good enough?

Tired of Trying to Measure Up is written for Christians who live under a deeply ingrained code of expectations and rules that shame them and drain them of spiritual strength.

Do you wonder:

- * Why do I feel so guilty?
- * Why is it so hard to rest, even when I know I need to?
- * Why does my religious activity leave me unfulfilled?
- * Where's the "abundant life" God promised?

If these questions sound familiar, this book is for you. It won't teach you how to change your behavior or try harder. If trying hard was the key to the victorious Christian life, you'd probably be in the hall of fame by now, don't you think? This is a message to help you unmask the lies that keep you on the works treadmill and to help you discover the liberation of the gospel of grace in Jesus Christ and the rest that comes through the cross.

When there's more emphasis on doing right than knowing God and His grace, this book points the way to freedom.

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