

CONTENTS

PAGE

Introduction.....	9
SECTION ONE: THE PROBLEM	11
CHAPTER 1 Life on the Treadmill.....	13
CHAPTER 2 Taking Inventory: How Are You Doing?.....	29
CHAPTER 3 Our Distractions Affect Others.....	49
SECTION TWO: THE PLAN	63
CHAPTER 4 Charting Your Course.....	65
CHAPTER 5 Back to Square One: Making a Commitment to Prayer.....	85
CHAPTER 6 When All Else Fails, Read the Directions: Getting Back to the Bible.....	105
CHAPTER 7 Learning to Follow God.....	121
CHAPTER 8 God's Blueprint for Marriage.....	137
CHAPTER 9 Our Children — Our Treasures.....	157
CHAPTER 10 Walking in Freedom and Victory.....	177
SECTION THREE: THE PRIZE	195
CHAPTER 11 Stepping Out of the Boat: Finding Your Place to Serve.....	197
CHAPTER 12 Come Away, My Beloved: A Call to Discipleship.....	217
Notes.....	235