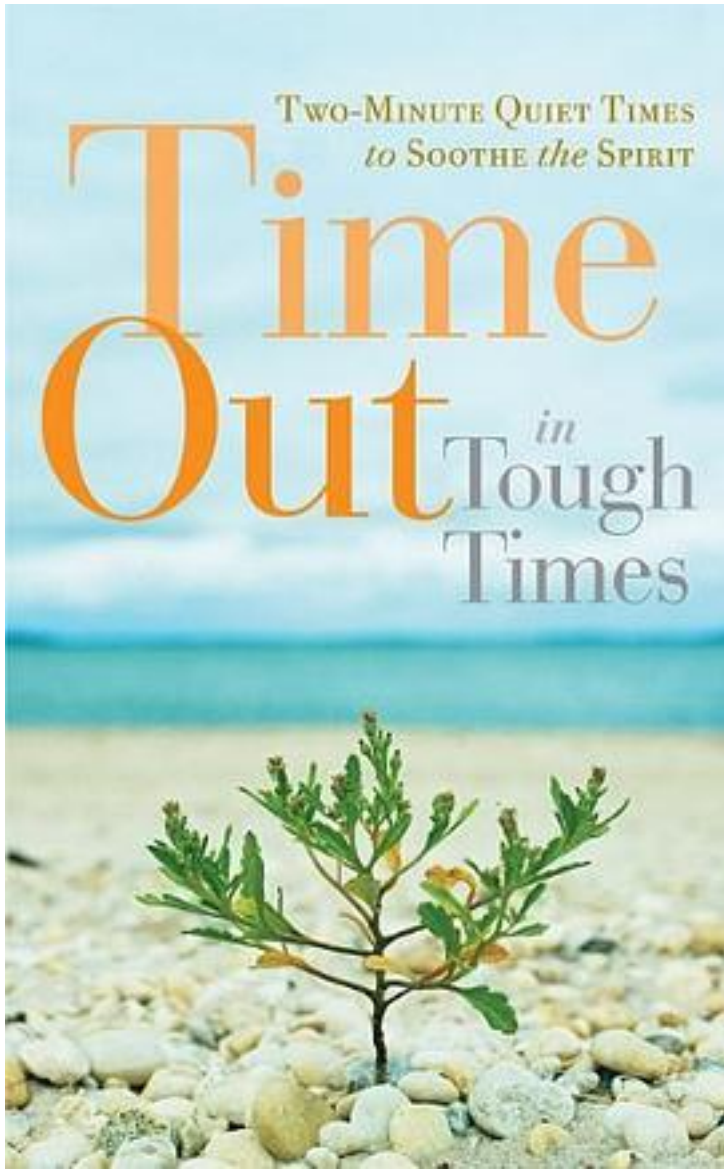


Time Out in Tough Times



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These two-minute quiet times will help to rejuvenate your spirit when you need time-out. We are all facing tough times, and amid today's financial stresses and strains, we need to take "time out" from our stressful lives. Organised topically by needs and specially designed for the problems we are all confronted with today -- when bills seem overwhelming, when you are concerned about a loved one, when you are facing health problems, when you are feeling worried about your job, when you just can't seem to wait for an answer to a prayer -- each of these "Two-Minute Quiet Times" features an inspiring scripture, a brief first-person reflection, a prayer and a practical tip that will help to restore our spiritual equilibrium. This book is designed to help you to create a two-minute quiet time to compose your mind, give your worries over to the one who watches over all of us, and resume your day with confidence and serenity. Whatever your troubles may be, you will be able to take a quick "time out!" and refresh your spirit in the presence of the Lord.

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