



# **BUILD Lifestyle Training: A Practical Guide for Seeking God**

*Dr. Tom Newton*

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As times become increasingly perplexing; as political and economic systems are being shaken, pulpits across the nations echo the injunction, “Seek the Lord!”

How does one seek the Lord? What does that phrase even mean? How does a first grader or stressed-out teen, a soccer Mom with three kids or a highly compensated sales executive have time to seek God?

Inspired by the Apostle Paul’s “pattern” mentioned in Philippians, Dr. Newton develops *B.U.I.L.D. Lifestyle Training: A Practical Guide to Seeking God*.

B.U.I.L.D. is a how-to-book. It shows you how to insert fifteen ancient Judeo-Christian disciplines into your lifestyle. With a right heart attitude, these disciplines, like a moving sidewalk, will move you into the presence of God.

Believing that nothing can rock a family who is seeking God first, B.U.I.L.D. Lifestyle Training will also give you the tools to train your family in the disciplines (including learning how to hear God’s voice, for example). The good news: Anyone can put this plan into practice.

Start building your life and the lives of your family, your small group, your church—even your business—using B.U.I.L.D. Lifestyle Training today.

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