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Practical Disciplines of a Christian Life **A Book for Christian Believers** **By Sharon Bahrych**

About the Book:

For every Christian believer who has struggled with unbelief, trusting God, being a servant, or any other Christian discipline there is hope. Author, Sharon Bahrych shares multiple stories of present day believers as well as past believers who have struggled with the individual disciplines discussed in the various chapters. In each chapter she writes of one discipline needed for a successful life in Christ. In all, she has 19 chapters which cover all of the disciplines within the life of a believer.

The last chapter summarizes all of the disciplines and encourages the reader to persist and continue on. Each topical chapter delineates out individual believers who really struggled with the chapter discipline being discussed. For instance in the chapter on forgiveness, the author writes the biographical sketch of John Ramsey and how long it took him to grieve and then forgive his daughter's still unknown assailant.

About the Author

Sharon has worked in medicine for 30 years as a physician assistant. She received her initial training at Baylor College of Medicine and then did additional training in public health at U.T. School of Public Health, where she received her master's in public health. She is the author of more than 100 articles. Due to her working in medicine she has received numerous awards.

She is a travel enthusiast and has seen more than 30 countries so far. Whenever she travels she takes loads of pictures which she then puts in a newly created creative memories scrapbook detailing her trip. She also likes to bike ride and participates in many long distance bike rides each summer. She has been a Christian believer for more than 40 years. You may contact her through her website at:

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30 years of clinical medicine experience coupled with 40+ years of being a Christian believer brings together a life of 'trial by fire' from God. She will encourage any fellow believer to continue striving and reaching for God's best in their lives as she has seen Him work in hers.

Presentation Topics

Forgiveness: How to forgive when it hurts too much

Have you ever been in a situation where someone wronged you and you found yourself unable to forgive them? You need to know that forgiveness is not for the person who wronged you, it is for you. During this presentation I will share stories from 3 people who all suffered the loss of their murdered relatives (John Ramsey, Corrie ten Boom, Pennsylvania Amish). I will close the presentation with what forgiveness brings us, in terms of peace and a reliance upon God to make things right.

Suffering: What do you do when the pain won't quit

Suffering, a word that conjures up pain, changes in your life that you don't want. Yet, suffering is a part of everyone's life. So what is the purpose of it? I will review the lives of Job, C. S. Lewis and Catherine Marshall. I will explain the purpose of suffering as I review the lives of the 3 people above, and give some steps everyone can take to help them during their suffering.

Spiritual Warfare Is there really another dimension out there that affects us?

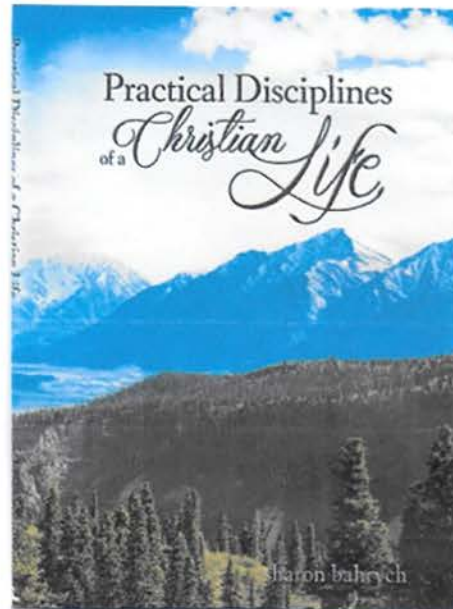
60% of all Christian believers do not believe in Satan, even though Christ spoke about him and rebuked him. Christ spent 25% of his time during his 3 year ministry rebuking demons and expelling them from the people's lives he was among. So if they exist, how are we to deal with them? I will review the life of John Hagee, Jim Robison and Stormie Omartian as they dealt with demonic oppression and how they got rid of it.

Obedience/Perseverance Why should I obey, it's too hard!

Sometimes everything within us just wants to rebel against God who is calling us to obey, and then to persevere. Seeing that obedience is so important, how do we do it and then what are the results?

I discuss the lives of Dietrich Bonhoeffer, Moses, and Arlet's family who escaped from Lebanon's civil war. Bottom line is we need to obey so as to acquire the spiritual gifts God wants to give to us in heaven. We obey Him, and for eternity we will reign with Him. Our life in eternity is dependent upon our obedience here on earth.

Author of:



What readers have to say:

Practical Disciplines of a Christian Life by Sharon Bahrych is a book geared toward women that talks about how to apply various Christian principles in your own life. The author uses the stories of faithful women (and men) – some historical figures, some everyday people – to illustrate her points. Topics in the book include trusting, obeying, praying, witnessing, forgiving, embracing joy, embodying generosity, and becoming holy. The book is very educational in that the reader can learn a lot about historical figures – but the content is also uplifting as it encourages the reader in her daily walk with Christ.

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Press Release for a Non-Fiction Book

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Discouraged, Frustrated Over Your Christian Walk?

Would You Like Some Encouragement in Your Walk? Would you like to meet some fellow believers who have traveled the same path you're presently on?

Denver, CO June, 2018 Adhering to your Christian walk is at times, hard. You find yourself struggling with wanting to go your own way, not obeying Christ, not doing your quiet time, not wanting to pray, etc. So how have others dealt with similar problems? That is what you will find in the book, *Practical Disciplines of a Christian Life*, (Ambassador International, 2016 available on Amazon).

You will be encouraged by others who have struggled with the same issues you are struggling with. If you are not involved in one trial or another at present, you will be shortly. The Christian life is full of struggles, questions, testing of your faith, suffering, and yet through it all trusting God for the end result.

Sharon Bahrych has struggled, questioned her faith, suffered through family strife, etc just like you are. She has spent 40+ years believing in Christ and trying to follow His commands. At times successful, at times not. It is for this reason that she wrote the book. She found reading of other people's struggles, faith testing helped her to hang on and continue in her walk with God.

Sharon offers the following tips on how you can also hang tight in your walk with Him:

Tip #1: Be willing to be honest with God: If you're angry with Him, admit it. Tell Him off, scream at Him if you have to. He already knows you're angry, He's just waiting for you to be admit it. Be honest with yourself. Realize when you're angry and with whom. Deal with your emotions.

Tip #2: Rely on God's sovereignty. God is indeed sovereign, the better question is: do you believe He is? Do you truly believe that He oversees everything, opens and shuts doors and brings about His will in what happens here on Earth, each and every second? If you are like many other believers you don't truly believe in His sovereignty. Maybe it's time for you to learn how to just rest in His peaceful sovereignty.

Tip #3: Obedience, that's hard. It's so much easier to do it your own way. But obedience is what He requires of us. So how do you obey? By putting one foot in front of the other each and every day. By following the still small voice of God inside your heart. Follow in the footsteps of Moses and Dietrich Bonhoeffer and learn from them how to obey.