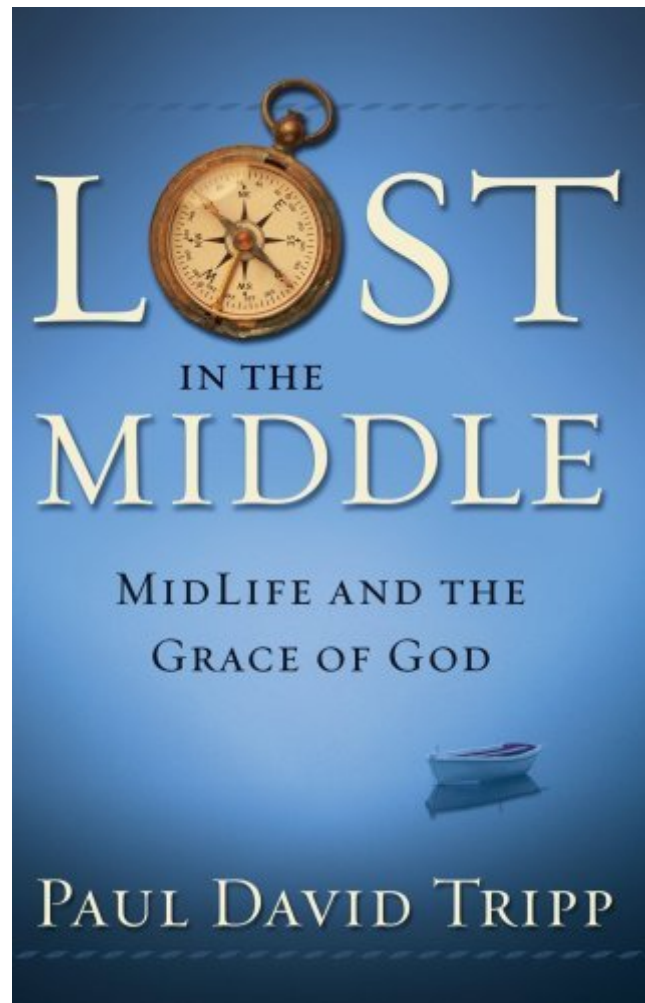


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# Lost In The Middle: MidLife And The Grace Of God



## Synopsis

The Bible never discusses midlife, just like it never discusses teenagers. Yet the Bible is able to address any of life's experiences because it was written by the One who made them all. Life on this side of glory is hard. This world is a broken place. You will face things in midlife that beat at the borders of your faith, but you do not have to be lost in the middle of your story. Although this book is directed at those who are facing the issues of midlife, it has a much broader net than that. *Lost in the Middle* can help all who are confronted with life in this broken world and have lost their way. The God who seems so distant to you in this moment is actually near and active. *Lost in the Middle* is written to give you eyes to see him, to see yourself more clearly, and to find the real hope that you need to carry on. You do not have to be paralyzed by regret, defeated by aging, and discouraged by the passing of your dreams. This time of life, which can seem like the end of many things, can actually welcome you to a brand new way of living. As is so often the case in your walk with the Lord, this moment of pain is also a moment of grace. Because of this, we all need to occasionally step back, slow down, and consider where we are going. *Lost in the Middle* will help you to do just that.

## Book Information

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## Customer Reviews

This book is the God-send that an entire generation needs to read, and I say that with no exaggeration. Americans deal with the midlife dilemma in such a superficial way. We think that if we can laugh at ourselves, joke about our circumstances (and maybe undergo a little cosmetic surgery or buy a sports car), then we'll get through it okay. That's just about the only approach to the midlife crisis I've come across, anyway. But Paul Tripp isn't interested in palliatives. As always, he wants to get to the heart of things. Or, more accurately, he wants us to see that God gets to the heart of things, using the indignities of aging, the accumulated load of life's regrets, the rising fear of life's end, to wrest our attention away from this empty material world. It is quite simply life-changing to view midlife from this perspective. This book, with its emphasis on the grace of God, is so life-affirming, so filled with words of hope, that you'll never again look in the mirror with such despair. And it's only in midlife that we are ready to hear this message; in our youth the word mortality is hardly even an entry in our inner dictionary. Read this book, and then read it again. Don't go on to the next new, new thing on the Christian bookshelf. This is too important. Thank you, Dr. Tripp. May God continue to richly bless you.

I absolutely agree with the previous reviewer. Paul Tripp's book is one of the most profound, yet practical modern Christian books I have ever read. It's theology, deeply rooted in Scripture, is right on the mark and provides the reader with amazing insights into how the Christian should and must understand the process God uses in our 'middle years'. Even if you are not experiencing any 'midlife crisis' (or think that you aren't), you **MUST** read this book. And I would highly recommend it for all 20- and 30-somethings as well. It is a book of great depth and of tremendous encouragement. Ponder deeply the principles contained in this gem, and thank God for the fruit that comes from being 'lost in the middle'!

While not officially in in mid-life, I found this book an excellent critique of my idols (our culture's). What I found fascinating is that, like biblical writing, Tripp's message is so simple yet so profound. If you struggle with sin, loneliness, depression, inadequacy, this is a good book for you. Grace to you.

Lost in the Middle is the only book I have read so far that gets to the heart of us who have traveled the road long and seemingly come up short. It also hits home for those whose journey is still in process, but big cracks in the road have appeared and nearly swallowed them. Paul David Tripp gets at the heart of the human dilemma: focus on self rather than on the Creator. Somehow we get

it backwards and think that all things need to work out for us, but it's not about us. When we think we are in control of our lives, we make ourselves like God, and, that, we aren't. Through the exercise of repentance, seeking forgiveness, and acknowledging the Sovereignty of God, we can rekindle the reason for living and finish well. I strongly recommend this book to us who are in the 4th quarter, AND to those who have blown it and need a leg up. Thank you Paul, for leading the way.

This book is a five star gem. Tripp writes like an angel: even when he is presenting truths you've heard a hundred times, he captures your heart with his crisp prose and brilliant illustrations. He starts with a robust realistic view of what we are like and how this life pans out for us; he analyses our responses to the trials of life, especially middle age, with a deep insight into how our hearts actually work. Then he brings all that under the redeeming light of the gospel. Quite wonderful to read. Unreservedly recommended to anyone over 30 - and under 30 too.

Lost in the Middle is another gem from Paul Tripp. Midlife can be a potential minefield of disappointments, broken promises and wayward dreams. In his latest book Lost in the Middle, Paul Tripp guides us through the challenges of midlife by bringing a gospel-centric view to this interesting period of life. As far as I know, it's the first book of its kind written from a thoroughly biblical perspective. Paul Tripp has written many fine books including Age of Opportunity and War of Words. I've found that the strength of Tripp's writings stems from his deeply insightful understanding of the human struggle matched with his commitment to bring biblical truth to bear on that struggle. I have a complete review of this book on my blog -[...]

Paul David Tripp's book starts by describing three main triggers of mid-life malaise - mortality, regret, and broken dreams - and then walks through practical and biblically-based strategies for understanding, healing, hope, and renewal. He shares some unique insights, such as the purpose and misuse of our God-given abilities of imagination, and society's failure to define the various stages that constitute what we oversimplify as "adulthood". Although the book is long-winded, Tripp is a lively and eloquent writer, and uses thematic analogies and the stories of several individuals to illustrate his points and hold the reader's attention. I also appreciate his careful avoidance of overusing scriptural texts; when he does turn to scripture, the passage is directly appropriate and fully developed. On the whole, the book is well-suited to the person lost in their own mid-life situation, is chock-full of insights, inspiration, and practical recommendations, and is an excellent traveling companion for the journey to significance and meaning in the "second half" of life.

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