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## Local pair publish 'Abundant Life' book

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LOG CABIN STAFF WRITER

When a local businessman and pastor teamed up to start a ministry, they developed a project that would resonate with people around the world, they say.

Jeff Standridge, an organizational development leader at Acxiom, and Tim Kellerman, pastor of the First Church of the Nazarene in Conway, meet each Friday for breakfast at Bob's Grill. About a year ago, their discussions began centering on serious issues.

"If you look at statistics," Standridge said, "there is no difference in bankruptcies, divorce, job burnout, relationship struggles, levels of giving or philanthropy, between Christians and non-Christians. We started talking about how to impact that. All these teachings in scripture, are they there to help us enjoy life more after we die, or are they there to help us in the here and now?"

Kellerman said, "I come from the pastoral perspective where I deal with church people all the time, many of whom are living life abundantly, while a vast amount of people come to church and they listen to the sermon; they may even agree with everything that's said. And yet they, or we, all go home still searching, looking for what the Bible says can be ours in living life to the full."

The two launched The Abundant Life Project in October ([www.abundantlifeproject.com](http://www.abundantlifeproject.com)), taking the name from a verse in the Bible, John 10:10. In that verse, Jesus says, "I have come that you may have life and have it to the full."

Kellerman added, "Some translations say 'more abundantly,' which is the title and what we landed on in our project."

The pair also wrote a book titled "The Abundance Principle: Five Keys to Extraordinary Living." Thousands of people from around the world have visited the Web site and requested copies of the book, the partners said.

In the book, the two introduce five keys, Standridge said, which "if we could start getting a handle on those, we would live in a much fuller and richer fashion."

### The Abundance Principle

The "abundance principle," Standridge said, is the concept that "an abundant life has been God's plan for us from the very beginning." The book has key actions in each chapter in order to make the principles applicable.

"It's not just reading," Kellerman said. "It makes it real practical. It's not pie in the sky stuff."

The first of the five keys is "master your thoughts and change your life," Standridge said.

"If you choose to get a healthy control of your thought process, it will make a change in the way you feel," and the outcomes in your daily life, he said.

Kellerman said, "The result of changing the way you think is a changed life."

In the book, the two advocate a 30-day "negativity fast."

"Plan your life and live your passion" is the second key to extraordinary living, Standridge said.

"Understand what you're passionate about, what you're here to do, and build a plan around it. A quality life doesn't just happen. It requires some self-understanding, and it requires a plan," he said.

Kellerman said, "None of us are created in a vacuum. We're all created with a purpose. I think we find our greatest joy in fulfilling it."

The two said the third key is building and maintaining strong relationships. Kellerman said this is more difficult in today's society because people tend not to know their neighbors and children are staying inside on the Internet.

"The result is we're missing out on the joy that comes from knowing one another," he said.

Standridge said, "We were created to live in relationship with one another. We're best when we're in healthy relationships with one another."

The fourth key is "No matter how much you earn, spend less," Standridge said.

For the first time in the U.S., more people will declare bankruptcy this year than will graduate from college," he said. "As a society, we're enticing people to live beyond their means, to incur massive amounts of debt and forcing them into bankruptcy at a faster rate than we're educating them and releasing them into the work force."

He alluded to the biblical story of the Good Samaritan, who helped a stranger who had been robbed and beaten. The Samaritan took the man to an inn and gave the innkeeper money to care for the man's needs.

"Jesus told us to go and do likewise. We're not saying just follow Jesus until you get rich, but the Good Samaritan could not have done that if his finances had not been in order," Standridge said.

Kellerman said the book includes a step-by-step system of getting finances in order, starting a budget and paying off debt.

The final principal is "give more and you live more." Being generous and focusing on others rather than self is a matter of "swimming upstream" the authors said.

Kellerman said he was impressed by the community's generosity to the Hurricane Katrina evacuees last year.

"I think many have a built-in desire to give back, but, because of the world we live in, we end up hoarding; we think we have to. But if we all gave more, we'd all have more."

They said they are advocating not waiting for a disaster to be generous, practicing anonymous giving and generosity on a daily basis, "regardless of whether anything is going to come of it."

The book is available at [www.abundantlifeproject.com](http://www.abundantlifeproject.com) or any online retailer. The Christian Book Outlet in Conway has ordered a shipment of the books, and any other bookstore in town can order the books as well if they are not in stock, the authors said.

Kellerman concluded, "We are not about the book, we're about the message. This is simply a tool for the message we are passionate about. Our mission is helping people put arms and legs on their faith."

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Dr. Jeff D. Standridge and Rev. Tim Kellerman are co-Founders of the Abundant Life Project ([www.AbundantLifeProject.com](http://www.AbundantLifeProject.com)) and co-authors of *The Abundance Principle: Five Keys to Extraordinary Living* ([www.TheAbundancePrinciple.com](http://www.TheAbundancePrinciple.com)). They can be reached at [Info@AbundantLifeProject.com](mailto:Info@AbundantLifeProject.com) or by telephone at 501.514.3206.