

Review: 42 Seconds

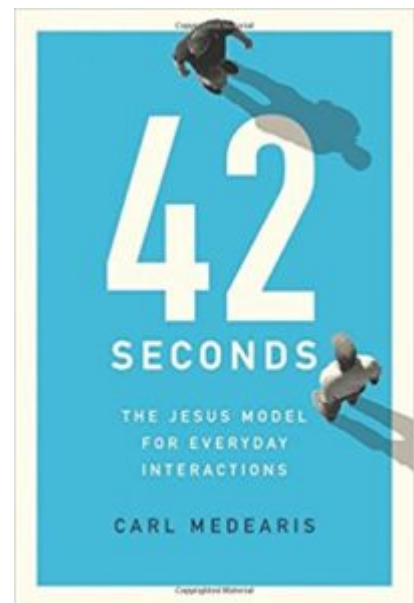
March 9, 2018

[42 Seconds—The Jesus Model For Everyday Interactions](#)

By Carl Medearis (Navpress)

Looking for a simple way to have Jesus as a natural part of your life and daily conversation? If so, [42 Seconds—The Jesus Model for Everyday Interactions](#) is a book for you.

In researching the Gospels and rereading Jesus conversations, Carl Medearis concluded Jesus' conversations had an average length of only 42 seconds. These short discussions provided the knowledge of Jesus and how he related to people. It showed the impact Jesus' words had on the many hearts he touched.



[42 Seconds](#) shows readers they also can impact the world surrounding them by using Jesus as their model. The format is easy to follow. Each of the four sections—Be Kind, Be Present, Be Brave and Be Jesus—includes five short chapters supporting the central theme. The author engages readers by ending each section with thought-provoking questions. Practical suggestions appear throughout the pages of the book. The addition of

Scripture is an encouragement to dig deeper into the life of Jesus.

The author challenges readers to go out into their world and engage in short conversations. He also includes three personal “42-second” interactions. Medearis does a wonderful job equipping readers to feel comfortable being who they are and engaging in simple conversations with the people God has placed in their lives.

In conclusion, using the words of Carl Medearis: “You just have to take the first simple step. A step toward another person. A step in following this Jesus you love. In fact, it might take only 42 seconds.”

Bobbie Bomar Brown
San Tan Valley, Ariz.