

DON'T PRESS FAST FORWARD PRESS RELEASE

Radio, TV long version:

We are taught to overcome failure, to jump over obstacles, to smash through barriers. But with our eyes on the finish line, we sometimes lose sight of the race we're running.

[Pastor Oliver T. Reid](#) helps us dive into our daily challenges to see the light and not the darkness they bring. Reid tells us not to jump over our low points but that,

"It is when we embrace our lowest point that the power of that low moment will cease to exist."

It is this advice Reid gives in his new book to approaching life, called "[Don't Press Fast Forward](#)." Of course, Reid doesn't claim that our troubles will disappear altogether; but when we begin to thank God in our trouble we can take comfort that God will raise us up again.

Reid continues:

"We should glory in tribulation and in everything give thanks," Reid says, praising God for the sufferings we may bear, for "The triumph of our faith is a work of patience." He says we may not be able to skip our low place but we can trust in God that He will take us through them. This is why Reid says it is so important that we don't skip over our trials, but learn from them and incorporate them into the rest of our story.

The title of the work, "[Don't Press Fast Forward](#)," gives us that visual perception of our finger on the remote, with clenched teeth, waiting to get to the good part of the movie. We often do that in our lives, we want to hurry up and speed through the bad parts so we can see how the story will end. Well, Reid tells us we don't gain much by pressing "fast forward":

"Pressing Fast Forward doesn't speed up anything it gives you the illusion that you skipped something irrelevant." Just like any good drama, we can't appreciate the ending when we've skipped the heart pounding and sometimes heart wrenching middle of the story. Then we're just left with warm fuzzy feelings. But when we watch the whole movie we gain affection for the characters because we each, in our way, lived with that person through their anguish and now celebrate with them in their victory. The same is true in real life, as Reid says, "Remember don't press fast forward enjoy your ride to greatness!"

Radio, TV short version:

[Pastor Oliver T. Reid](#), in his new work, "[Don't Press Fast Forward](#)," gives us a visual of our finger on the remote, with clenched teeth, waiting to get to the good part of the movie. We often do that in our lives, we want to hurry through the bad parts and skip to the ending. But, as Reid says,

"Pressing Fast Forward doesn't speed up anything it gives you the illusion that you skipped something irrelevant." Start seeing the highs of your life with Reid's book "[Don't Press Fast Forward](#)" in book stores now.