



What are the words you hold in your heart?

Are words like *afraid*, *dismissed*, *alone*, and *regret* weighing you down? Do you feel like you are living under a thick layer of discouragement as words like *shame*, *loss*, and *frustration* hover overhead?

The heaviness of life is causing many of us to become more overwhelmed and anxious than ever before. We often forget that Jesus promises us his peace and his presence no matter what we are going through. We sometimes wonder if the words in the Bible really have the power to help us live differently, peacefully, bravely, lightheartedly.

Susie Crosby has written this refreshing combination of a promise book with a daily devotional to remind us that they do. “Lighthearted” will:

- Provide several promises from Scripture for each hard emotion.
- Include a short meditation with a keyword, prayer, and some simple ways to remember God’s faithfulness throughout the day.
- Offer compassion, strength, truth, and help by calling readers to look to Jesus.

Let this simple devotional help you find these promises to be lasting and true as you accept his invitation into a lighthearted life with him.

Book information

- **Hardcover:** 272 pages
- **Publisher:** B&H Books (August 27, 2024)
- **Language:** English
- **ISBN-10:** 1430082011
- **ISBN-13:** 9781430082019
- **Product Dimensions:** 5.5 x 0.56 x 8.5 inches

Talking points and interview angles

- [The Stress in America 2023 survey](#) revealed that stress among Americans is at an all-time high. Americans are being weighed down by the lingering effects of the COVID-19 pandemic, inflation, mass shootings, global conflicts and other stressor.
 - [The same report](#) showed that women continue to report higher stress levels than men and cited health and finances being the top sources. Each devotional entry in “Lighthearted” is centered on a single word that will remind women of a promise found in God’s Word to help them throw off the heaviness and enjoy a lighthearted life with God.
-

- Author Susie Crosby has been studying and writing about the Bible one word at a time for years. She encourages women with God’s promises through her blog, books and monthly newsletter.
- According to Susie, “One word is all it takes to turn a day around.” “Lighthearted” and her first devotional “Just One Word” remind readers that the words in the Bible really have the power to help us live differently no matter what is going on in the world.

About the Author

Susie Crosby is the author of “Just One Word: 90 Devotions to Invite Jesus In” and the children’s picture book “Where Is Sheep 100?: A Skip-Counting Book.” Her greatest joy is sharing encouraging words (usually one at a time) with the people she loves. When she’s not writing devotions, she teaches physical education, music, art, and technology at a kindergarten school near her home.



Susie and her husband live in a seaside town in Washington State. They love to hike, kayak, paddleboard, and explore the islands in Puget Sound. They are huge Seattle sports fans, and their favorite thing is spending time with their two adult sons.

Q&A with Susie

Why did you write this book? What inspired you to write it?

During the pandemic, I asked my Facebook group WHAT WORDS WEIGH DOWN YOUR HEART? The answers broke me. Words like fear, betrayal, loneliness, and regret. Words like addiction, dismissal, judgment, and shame. I started praying and searching the promises of God—trying to figure out how they applied to all of the heartache and struggles that so many people go through.

I wrote these devotions to help people easily find and remember the promises of God. His faithful and compassionate truth can bring encouragement to everyone whose heart feels heavy right now.

For whom did you write this book?

This book is for Christian women of all ages—especially those who are struggling with a heavy heart. It is a devotional that can be read every morning for encouragement, and it is also a promise book that can be used to quickly access God’s promises for specific difficult times.

How does this book help readers remember God’s promises?

Each devotion has a KEYWORD to help the reader connect to the promise. I love to write about God’s Word by focusing on the meaning and Biblical context of one word from Scripture. I also love to use examples from real life that will illustrate the promise in a memorable way for my readers.

Also, at the end of each devotion, I have included some simple opportunities like journaling, drawing, and writing the verse in her own words to help the reader REFLECT and then REMEMBER the promise throughout the day.

This book offers the reader an opportunity to read, reflect, and remember. Talk to us about how someone can use this in any season they are in.

This devotional can be adapted to the needs of the reader because of the way it is put together. Some days, a quick, refreshing 2-minute devotion is all she might have the capacity for. Other days, she might want to spend more time reading, reflecting on the questions, and creating ways to remember and apply the promise for that day. In times of crisis or overwhelm, she can easily turn to the reference section and find several encouraging promises organized by difficult emotions.

In what ways does your faith impact how you approach writing?

I love Jesus, I’m devoted to studying His Word, and yet I have a lot of questions. My writing style is very authentic and conversational, and I don’t pretend to have it all figured out. I want to learn with my readers and point them to Jesus. Together we will keep asking, keep trusting, and keep trying to apply God’s word to the stuff of life.

What is your favorite promise in the book?

I love all of God’s promises, and I’m especially connected to the 100 promises I included in the devotional. But my go-to promise every time I feel anxious and overwhelmed is this:

Jesus Christ is the same yesterday, today, and forever. Hebrews 13:8

What do you hope readers will take away from this book?

“His divine power has given us everything required for life and godliness through the knowledge of him who called us by his own glory and goodness. By these he has given us very great and precious promises, so that through them you may share in the divine nature, escaping the corruption that is in the world because of evil desire.” 2 Peter 1:3-4

That is what I want for my readers. I want them to share in the divine nature—to experience his glory and goodness. To live in the abundant life that he offers us, even when we are hurting, scared, discouraged, sick, ashamed, or alone. There is so much available to us than we realize sometimes. He is offering to help us, to hold us, to give us eternal hope. I want everyone to experience the love and power of Jesus in the best and the worst times of life. I want us to know and believe his promises.
