

A Heart Set Free
By Christina Fox
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March 2016 UK Release
April 2016 US Release

“Some days feel like a roller coaster ride--up and down, and if possible sideways ... Christina doesn't ignore our emotions, rather she drives us from the wild ride to the freedom found in Jesus.”

Trillia Newbell, Author of *Fear and Faith* and *United*

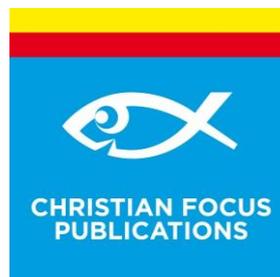
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BOOK ANNOUNCEMENT

A Journey to Hope through the Psalms of Lament

A Heart Set Free

by Christina Fox

For many of us, we might busy ourselves with projects or work long hours to keep our mind off our pain. We might look at our circumstances and seek to change our situation in the hope that we will finally feel at peace once our life has changed.

The question is - How often do you look to God in His Word for help and hope? How often do you turn to Him when you feel anxious, distraught, or abandoned? How often do you bring your burdens to your Savior? Take a journey of hope through the Psalms of lament with Christina Fox.

“... I wish I had Christina's book back when I became a believer. It would have saved me a lot of painful emotion-stuffing and foolish emotion-ignoring.”

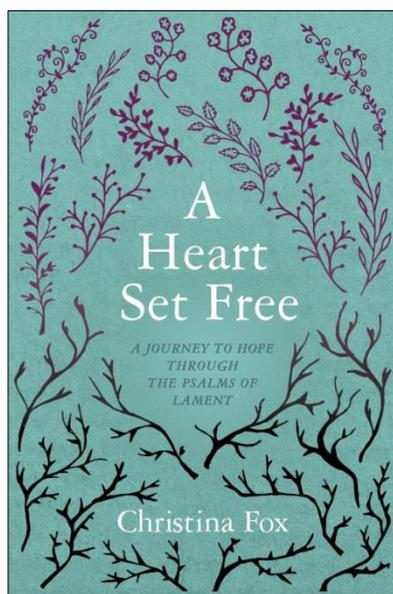
Gloria Furman, Author of *Glimpses of Grace*, *Treasuring Christ* and *When Your Hands Are Full*, and *The Pastor's Wife*



Christina Fox

Christina Fox is a blogger at www.christinafox.com where she chronicles her faith journey. She writes for a number of Christian ministries and publications including *Desiring God* and *The Gospel Coalition*. She lives with her

THE AUTHOR



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From the foreword by Melissa Kruger

Christina wisely helps us to understand our emotions and faithfully teaches the pattern of lament found in the Psalms. She directs us to cry out to God, ask Him for help, and to respond in trust and worship. She leads us into the experience of our emotions, but away from self-focus and self-pity. She is tender and truthful, blending a sympathetic heart with a theological mind.

I am thankful this book has reached your hands. I pray that it might encourage you to join with the saints of old, crying out to the Lord in your distress. May we experience Him in new ways as we seek Him in all things.

Be merciful to me, O God, be merciful to me,
for in you my soul takes refuge;
in the shadow of your wings I will take refuge,
till the storms of destruction pass by.
I cry out to God Most High,
to God who fulfills his purpose for me. (Ps. 57:1-2)

Blessings,

Melissa Kruger,
Author of *The Envy of Eve: Finding Contentment in a Covetous World*

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