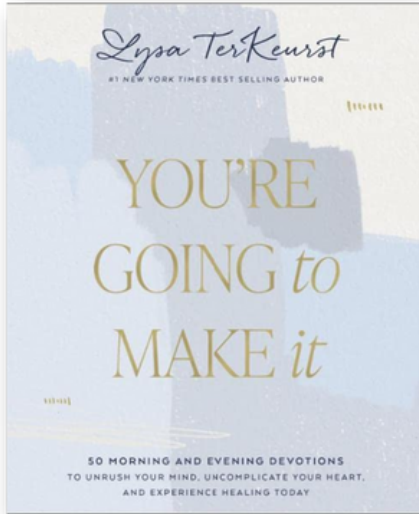




## **NEW YORK TIMES BEST SELLING AUTHOR LYSA TERKEURST PROVIDES INTENTIONAL 50-DAY PLAN FOR STAYING CLOSE TO GOD DURING DIFFICULT SEASONS IN NEW DEVOTIONAL**

*You're Going to Make It* Offers Rhythm of Morning/Evening Readings for Women Experiencing Discouragement, Disappointment, or Devastation



Nashville, TN – Healing rarely happens overnight; it unfolds more as a gradual process. #1 *New York Times* bestselling author **Lysa TerKeurst** has candidly shared with readers her own healing journey. Now she's created a sacred space in her new resource where women can start and end their days with God by simply showing up and soaking in Truth through *You're Going to Make It: 50 Morning and Evening Devotions to Unrush Your Mind, Uncomplicate Your Heart, and Experience Healing Today* (Thomas Nelson, March 2023). TerKeurst invites readers to begin a daily practice of *receiving and releasing* – *receiving* God's encouragement, instruction, and truth each morning, then *releasing* to God all that weighs them down each night. TerKeurst has found stabilizing strength in this daily receiving and releasing rhythm, and she encourages others to adopt the practice for at least fifty days.

*You're Going to Make It* is designed to help readers stay connected with God in spite of discouraging, disappointing, or even devastating circumstances. This beautifully-designed volume features original color photography of significant locations where TerKeurst worked through her own healing. Each day's readings provide:

- » A Bible verse to begin the day
- » A statement of truth to remember throughout the day
- » Space to write and release something back to God at the end of the day
- » A prayer to receive insight from God before tomorrow.

Writes TerKeurst "I know it can be hard to figure out how to heal. Healing is not nearly as neat and tidy as I would like it to be. Ideally, I want to build on what I learn each day and check off the steps of healing like I would cross things off a to-do list. But that's not the way it works. Healing is not linear. It is a journey of both progress and regress. And it's a daily battle to not let the fear and bitterness that come at me get stuck inside of me."

**Lysa TerKeurst's** new devotional reads like truthful insight offered by a friend who deeply understands: "Together is such a beautiful thing. I pray today God gives you an opportunity to pursue togetherness with safe people . . . because chances are you'll be a blessing to them in their lonely feelings as well. And if you're that person who needs to be reminded she's a little less alone in what she's walking through right now, I'll be that friend for you."

# Press Release

***You're Going to Make It*** tackles concepts such as boundaries and anxiety with candor and wisdom. Some of **Lysa TerKeurst**'s memorable takeaways from the book include:

- "God has a perfect plan in the midst of a million imperfect little realities."
- "You may feel lonely, but you don't have to live lonely."
- "Boundaries help you stay fixed on what is good, what is acceptable, and what you need to stay healthy and whole."
- "God loves you too much to answer your prayers at any other time than the right time and in any other way than the right way."
- "We must not let the sorrow of yesterday cloud the celebration of new possibilities for today."
- "Focusing on beauty isn't to deny the pain. It's just refusing to let it steal anything else from us."
- "Prayer connects our overwhelming anxiety to God's overcoming power."

***You're Going to Make It*** is designed for gift-giving with full color throughout, foil treatment, a printed case and ribbon marker. The publisher, Thomas Nelson, will be offering a nationwide giveaway promotion this spring.

**Lysa TerKeurst** is available for a limited number of interviews.

## About Lysa TerKeurst

**Lysa TerKeurst** is a *New York Times* bestselling author of more than 25 books with more than 6 million books in print. Her most recent books include *Good Boundaries and Goodbyes*, *Forgiving What You Can't Forget*, and *It's Not Supposed to Be This Way*. She is president and chief visionary officer of Proverbs 31 Ministries and has a social media reach of more than 8 million followers. Lysa writes from her family's farm table in North Carolina. Connect with Lysa at: [www.LysaTerKeurst.com](http://www.LysaTerKeurst.com)



### Personal Social Media @LysaTerKeurst



851k followers



1.5 million followers



368k followers



43k followers

Followers of Lysa TerKeurst across all platforms: 2,762,000

### Ministry Social Media @Proverbs31Ministries



1.8 million followers



4 million followers



228k followers



180k followers

Followers of Proverbs 31 Ministries across all platforms: 6,208,000

**Thomas Nelson** is a world leading publisher and provider of Christian content. With over 250 new, original books and Bibles published each year and distributed in more than 100 countries, translating content in more than 65 different languages, Thomas Nelson is committed to one central mission: inspiring the world by meeting the needs of people with content that promotes biblical principles and honors Jesus Christ. As part of HarperCollins Christian Publishing, Inc., the publishing group provides multiple formats of award-winning Bibles, books, gift books, cookbooks, curricula and digital content, with distribution of its products in more than 100 countries.

## ***You're Going to Make It:***

***50 Morning and Evening Devotions to Unrush Your Mind,  
Uncomplicate Your Heart, and Experience Healing Today***

By Lysa TerKeurst

Available from Thomas Nelson • March 28, 2023 • Price: US \$26.99 • Pages: 224  
Format: Hardcover • ISBN-13: 978-1400239085 • Full cover throughout

Review copies, reprint permission and interviews are available.

Contact Jana Muntsinger, McClure Muntsinger Public Relations, 832.247.9308, [jana@mmpublicrelations.com](mailto:jana@mmpublicrelations.com)

# Suggested Interview Questions for Lysa TerKeurst on *You're Going to Make It*

- ▶ What led you to write *You're Going to Make It*?
- ▶ How has the daily rhythm of *receiving and releasing* impacted you personally?
- ▶ Why was it important to you to feature photos of your own places of healing throughout the pages of this devotional?
- ▶ In your experience, why does it feel like healing is never as neat and tidy as we would like?
- ▶ How are boundaries a crucial component of our healing journey?
- ▶ What are a few tips for navigating hard conversations when emotions are running high?
- ▶ How do we acknowledge the sorrow of yesterday while remaining hopeful for new possibilities for tomorrow?
- ▶ Why is obedience to God important during hard times? How has that played out in your life?
- ▶ What would you say to a listener today if you two were sitting together over coffee?
- ▶ If someone has a friend walking through a difficult time, why would *You're Going to Make It* be a helpful resource for them?

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