

## SUGGESTED INTERVIEW QUESTIONS

Nicole Jacobsmeyer, author of *Take Back Your Joy*

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**Nicole Jacobsmeyer** is a wife, mom, author and blogger. She has a passion for helping women walk in victory, joy, and faith in the face of trials, sorrow, and suffering. Nicole shares her faith and encourages women at her website, [NicoleJacobsmeyer.com](https://www.NicoleJacobsmeyer.com), and on Instagram (@nicole.jacobsmeyer). Nicole's first book, *Take Back Your Joy: Fighting for Purpose When Life Is More Than You Can Handle*, releases October 2022

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- Nicole, you've walked through some dark seasons of life, including cancer and miscarriage. As a Christian, have you felt pressure to put on a happy face while walking through hard times? What do you say to others who feel like they can't be honest about their sadness or grief?
- In *Take Back Your Joy*, you invite women to discover joy in the everyday moments of life. Why is it important to focus on the present rather than dwelling on the past or wishing for the future? What practical steps can we take to stay in the present?
- How can social media become a joy-stealer? When FOMO and comparison are stealing a woman's joy, what steps can she take to recover her joy?
- You write that service is an important bridge from pain to purpose. But you also say it may not always be time to cross that bridge. Tell us more about the value and timing of service.
- You write honestly about your miscarriage and the grief you experienced. Do you encourage women to identify the emotions they feel during times of loss? What do you say to those who avoid their emotions and see them as threats to deep faith and joy?
- During your cancer treatment, your focus shifted from *your agenda* to the *Lord's agenda*. How did gratitude impact that mindset shift? What is the correlation between gratitude and joy?
- Suffering and disappointment are real and don't have to be carried alone. But do you think it is ever okay to complain? How do you know it's time to stop complaining and pursue gratitude instead?
- Many women struggle to walk in the confidence and contentment of Christ. How can they take faithful steps toward joy today?