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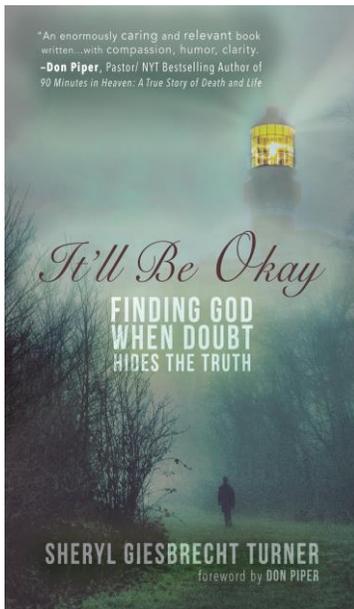


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PRESS RELEASE

Doubt your doubts, find the truth

Sheryl Giesbrecht leads readers to find hope, discover faith, understand God



We shouldn't be afraid to seek answers. God is not threatened by our questions, logic, science, or emotions. Along with our fallible humanity, we must be able to grasp the existence of a loving, omniscient, omnipresent, infinite, and everlasting good God.

In ***It'll Be Okay: Finding God When Doubt Hides the Truth*** (Redemption Press/March 15, 2018/ISBN: 978-1-68314-572-1/\$14.99), author **Sheryl Giesbrecht** encourages readers not to be afraid to doubt and leads them to find hope, discover faith, and understand God's love.

It's hard to keep praying or walking forward in faith when we don't get answers or see God's guiding hand. Difficult times often cloud our perspective. Does God see me? Does God hear me? Does God care? Christians are afraid to admit to having doubts—even to themselves—because they confuse doubt with unbelief.

For a season, the author felt estranged and distant from God. She believed in God, but didn't know there was a difference between believing God and believing in God to provide what she needed. She kept telling herself, "It'll be okay." Yet somehow she wasn't sure "it" would be okay. Later on, the author

discovered she could question God, doubt her doubts and feed her faith. It was only through her choice to be raw, honest and real as she brought her questions before God.

Giesbrecht wrote this book to help you doubt your doubts. Doubts need to be addressed, or they will rot your faith from the inside out. Be honest with God and yourself. Dealing with doubt to the point of renewed belief brings spiritual strength.

It'll Be Okay: Finding God When Doubt Hides the Truth invites readers to push through their questions by faith, through the grid of God's word. Readers will find:

- Faith can grow by addressing doubts head-on
- God has a plan in the good and bad that life brings
- God can heal our wounds and turn our past mistakes around

Through this book, readers will be exposed to how doubt can be a friend to our faith. Doubt can be healthy if handled well. We should be able to doubt our doubts, examining them to prove our faith is dependable. Faith grows when it is challenged. *It'll Be Okay* can strengthen every believer's walk with God through meditating on the truth, thus enabling the reader's faith to be deepened, their trust and hope to be renewed. This may lead to transformation and determination to share with others who might need the same encouragement.

Learn more about more about ***It'll Be Okay: Finding God When Doubt Hides the Truth*** and Sheryl Giesbrecht at www.SherylGiesbrecht.com.

Advance Praise

"In *It'll Be Okay* Sheryl Giesbrecht Turner gives hope, help, and healing for the doubting, hurting, questioning, or confused soul. Sheryl is an overcoming woman who has been through many life trials and tribulations. In taking her own questions to God, she helps us find answers for our own."

—Pam Farrel, author of 45 books including *Discovering Hope in the Psalms: A Creative Bible Study Experience* and *7 Simple Skills for Every Woman: Success in Keeping It All Together*

"If 'doubting God' is your guilty secret, reading *It'll Be Okay* will slay the guilt as you discover how God wants to use your doubt as a pathway to deeper faith."

—Connie Cavanaugh, speaker and author of *From Faking It to Finding Grace: Discovering God Again When Your Faith Runs Dry* www.conniecavanaugh.com

"I love that Sheryl assures us that we can embrace our doubts and let them be a catalyst for finding deeper faith. Asking hard questions is not a sin. Rather, it is the way to understanding. Left-brained, logic-loving person that I am, I embrace God's invitation: 'Come, let us reason together.'" "

—Jennifer Kennedy Dean, author of *Live a Praying Life®* publications; executive director of The Praying Life Foundation

About the author



Exchanging hurt for hope is Sheryl Giesbrecht's focus—a message she shares with audiences as a radio personality, author, speaker and global influencer. A dynamic teacher and motivating leader, she has endured many changes and challenges, moving her to a deep faith, trust and dependence on God.

Giesbrecht served as Focus on the Family's columnist for Pastor's Wives for four years. Hundreds of her columns and articles have appeared in numerous publications, *Focus on the Family Magazine*, *Just Between Us*, *CCM*, *Walk Thru the Bible*, *Indeed*, *Spirit-Led Woman*, *Charisma*, *Lead Like Jesus* and others. She is the author of four books, including *Get Back Up: Trusting God When Life Knocks You Down*, *Experiencing God Through His Names* and *It'll Be Okay: Finding God When Doubt Hides the Truth*.

Giesbrecht's television and radio show, "Transformed Through Truth," is nationally syndicated, viewed and heard daily by more than 21 million viewers and listeners on networks around the world. The joys of Giesbrecht's life are her adult children, their spouses and her grandchildren, plus the new beginning she shares in her marriage to Dr. Jim Turner. She holds a bachelor of arts from Biola University, a master's in ministry and a doctorate of theology.

Keep up with Sheryl Giesbrecht at www.sherylgiesbrecht.com, on Facebook ([AuthorSherylGiesbrecht](https://www.facebook.com/AuthorSherylGiesbrecht)) and via Twitter ([@SGiesbrecht](https://twitter.com/SGiesbrecht)), Instagram ([sherylgiesbrecht](https://www.instagram.com/sherylgiesbrecht)), Pinterest ([Sheryl Giesbrecht](https://www.pinterest.com/SherylGiesbrecht)), LinkedIn ([Sheryl Giesbrecht](https://www.linkedin.com/in/SherylGiesbrecht)).

Suggested interview questions

- You wrote *It'll Be Okay* after some very personal encounters. Please share what led you to explore the concept of moving from doubt to a deeper faith.
- The book takes an in-depth look at areas that can cause believers to doubt God. Why is it so important for believers to know how to stand firm in their identity in Christ? How can this practice deepen a believer's faith?
- Describe the imagery you use when comparing the times we doubt God to attempting to see in fog.
- Sometimes the problems of life seem to engulf us, we might feel blind or like we cannot clearly see a solution. How can believers learn to push through the fog of doubt?
- One of the discussions early in the book is about well-known Christian believers who have doubted God. How did this research shape the focus of the book?
- Would this book be helpful to those who have no faith? What specific groups would benefit?

To request a review copy of *It'll Be Okay*, to schedule an interview with Sheryl Giesbrecht, or for more information, please contact Merleen Johnson, merleen.johnson@gmail.com.