



PRESS KIT

GRIEF RESOURCES

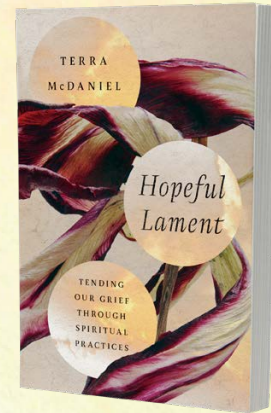


Recognizing that the holidays can be a difficult time for many people, the IVP publicity team has put together this list of resources to offer encouragement and empathy for a variety of situations, whether it be grieving a loss, struggling through heavy circumstances, or feeling the weight of depression, loneliness, or suffering. Our prayer for readers during this season is that these books provide voices of companionship offering hope, comfort, and understanding. For additional titles on grief, death, and mental health, visit <https://www.ivpress.com/subjects/mental-health/death-grief>.

HOPEFUL LAMENT:

Tending Our Grief Through Spiritual Practices

[View Book](#)



“Rarely is there a friend like Terra McDaniel’s book [Hopeful Lament](#) that can come alongside your deepest heartbreak and not try to fix it but abide with it, honor it, and give it the space it needs so that you can grow and heal in your own sacred rhythm. Reading this book gave me space to feel my grief and permission to do more than endure it. Hopeful Lament helped me be in relationship with my grief, letting the experience of sadness live alongside experiences of joy, delight, wonder, and hope. It is an invitation into wholeness.”

—**JENNIFER WILLHOITE**, contemplative storyteller and artist at **Cobbleworks**



[TERRA MCDANIEL](#) is a spiritual director for adults and children. She spent two decades as a pastor and ministry leader and earned her MDiv at Portland Seminary. McDaniel wrote *More Than Ordinary* with Doug Sherman and is a regular contributor to the Companioning Center blog.

[Read her article “The Slow, Sacred Work of Lament.”](#)



[Request a review copy or interview.](#)



ivpress.com/media

CAN YOU JUST SIT WITH ME?

Healthy Grieving for the Losses of Life

[View Book](#)



“Natasha Smith gets grief, and she’s ready to sit with you in yours. Her stories are real—emotions raw, questions honest, and faith courageous. Whether you’re walking through a season of sorrow or working through a series of losses, not only will you find Natasha to be a patient and empathetic friend, but her words will point you again and again to the best friend—Jesus.”

—KATIE FARIS, author of *He Will Be Enough* and *God Is Still Good*



[NATASHA SMITH](#) is a wife, mother, and writer from North Carolina. Her work has appeared at Her View from Home, Focus on the Family, and TODAY Parents. You can find her online at imnatashasmith.com.



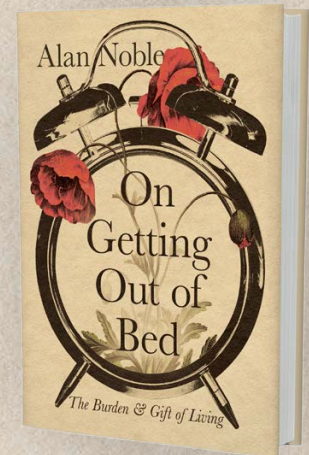
[Request a review copy or interview.](#)



ON GETTING OUT OF BED:

The Burden and Gift of Living

[View Book](#)



“Alan Noble unveils the sheer paralyzing terror of a full-blown panic attack as well as just what chronic low-grade melancholy feels like inside. Some days it’s all you can do just to get out of bed. Noble has no quick fixes to recommend. Rather, he points suffering Christians to the suffering Savior as the sole reason to keep on keeping on. In God’s kingdom little things count: a cup of cold water given in Jesus’ name, for instance. Alan Noble reminds us that simply doing the next thing can be a courageous act of faith—like getting out of bed when we’d rather not.”

—HAROLD L. SENKBEIL, author of *Christ and Calamity: Grace and Gratitude in the Darkest Valley*



ALAN NOBLE (PhD, Baylor University) is associate professor of English at Oklahoma Baptist University, cofounder and editor in chief of [Christ and Pop Culture](#), and an advisor for the AND Campaign. He has written for the *Atlantic*, *Vox*, *BuzzFeed*, the Gospel Coalition, *Christianity Today*, and *First Things*. He is also the author of [Disruptive Witness](#) and [You Are Not Your Own](#).

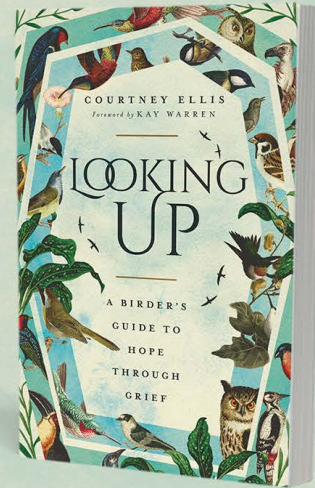


[Request a review copy or interview.](#)

LOOKING UP:

A Birder's Guide to Hope Through Grief

[View Book](#)



"In [Looking Up](#), Courtney Ellis walks us into the crucible of grief, and with faith-filled wisdom and wit—and the help of countless, wondrous birds—guides us gently through. I was drawn in by Ellis's generosity and candor, and I was kept in by her gift for storytelling. Readers will find themselves nodding along knowingly, laughing out loud, and weeping, all in the course of a single chapter. In short, this book is a delight and a balm. I recommend [Looking Up](#) to anyone who has ever found themselves in the valley of the shadow of death—which is to say, everyone."

—EMILY HUNTER MCGOWIN, author of *Christmas: The Season of Life and Light* and associate professor of theology at Wheaton College



[COURTNEY ELLIS](#) is a pastor at the Presbyterian Church of the Master in Mission Viejo, California. She is the author of several books, including *Happy Now and Present*. She also hosts *The Thing with Feathers*, a podcast about birds and hope.



[Request a review copy or interview.](#)



COMPANIONS IN THE DARKNESS:

Seven Saints Who Struggled with Depression and Doubt

[View Book](#)

“Diana Gruver skillfully frames her own battle with depression around unexpected but real-life stories of saints who trudged through surprising depths of darkness. From Martin Luther to Mother Theresa to Martin Luther King, we see how the many faces of depression can obscure the light and love of God. But most importantly, Gruver shows us why depression and a faith-full life are not incompatible.”

—MICHAEL JOHN CUSICK, author of *Surfing for God* and CEO of *Restoring the Soul*

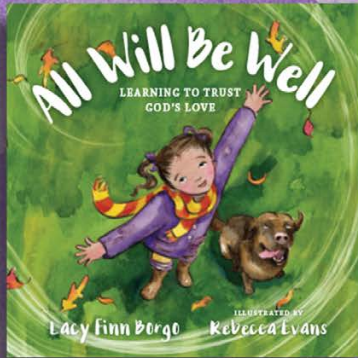


DIANA GRUVER (MA, Gordon-Conwell) writes about discipleship and spiritual formation in the everyday. She serves as a writer and communications director for Vere Institute, and lives in Pennsylvania with her husband and daughter.

[Read an article from Diana on how to invite God into your mental health journey.](#)



[Request a review copy or interview.](#)



ALL WILL BE WELL:

Learning to Trust God's Love

[View Book](#)



LACY FINN BORG

is also the author of [Faith Like a Child: Embracing Our Lives as Children of God](#). She teaches and provides spiritual direction for the Renovaré Institute and the Companioning Center. She especially loves meeting with children at [Haven House](#), a transitional facility for families without homes. Lacy holds a doctor of ministry in leadership and spiritual formation and a certificate in spiritual direction from Portland Seminary.

“In her beloved book *Spiritual Conversations with Children*, Lacy Finn Borgo tells us about placing a small round stone in a child’s hand as a reminder that God is present and loves them no matter what happens. This tangible reminder comes to life through the falling of a hazelnut in the pages of this beautifully written book for children. The story of *All Will Be Well* moves us from the impending death of a beloved grandmother to gracefully engaging the wisdom of a great saint of our Christian heritage, Julian of Norwich, whose wisdom and legacy move throughout the pages in a tangible connection of love and hope. ‘She rolled the hazelnut around in her hand and remembered that God loved her.’”

—**TREVECCA OKHOLM**, author of *The Grandparenting Effect: Bridging Generations One Story at a Time*



[Request a review copy or interview.](#)

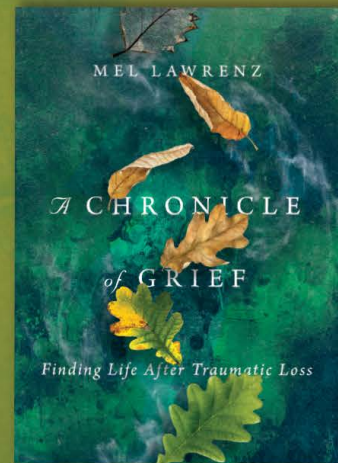


ivpress.com/media

A CHRONICLE OF GRIEF:

Finding Life After Traumatic Loss

[View Book](#)



*“Mel Lawrenz has, by some alchemy of grace and daring, taken the harrowing pain of losing his beloved daughter and turned it into healing balm. [A Chronicle of Grief](#) deserves to stand alongside C. S. Lewis’s *A Grief Observed*, Gerald Sittser’s *A Grace Disguised*, and Nicholas Wolterstorff’s *Lament for a Son* as an experience of rawest sorrow transmuted into a testament of deepest hope. Profoundly moving and profoundly life giving.”*

—MARK BUCHANAN, author of *David: Rise and God Speed: Walking as a Spiritual Practice*



MEL LAWRENZ trains an international network of Christian leaders, ministry pioneers, and thought leaders through the [Brook Network](#). He served as senior pastor of [Elmbrook Church](#) in Brookfield, Wisconsin, for ten years and now serves as Elmbrook’s minister at large, teaching in North America, Asia, Africa, and Latin America. He holds a PhD in the history of Christian thought from Marquette University. His books include *Spiritual Leadership Today* and *Life After Grief*.



[Request a review copy or interview.](#)

COMPANIONS IN SUFFERING:

Comfort for Times of Loss and Loneliness

[View Book](#)



"Few things are more isolating for a person than suffering, and that isolation only compounds the pain that suffering brings upon a person. Wendy Alsup understands this pain well and has given us all a gift in the midst of her suffering. Through her own narrative, the stories of others, and the testimony of Scripture, Wendy reminds us that we truly are never alone in our suffering.

This book is a gift for anyone who is stuck in a deep valley, because Wendy understands that the valley doesn't always have an exit point. And instead of showing us the path out, she gives us the Christ within—the same Christ who has met her in her dark valley. Wendy has been a gift to me personally for a while now, and I am excited for others to experience that same comfort through her words."

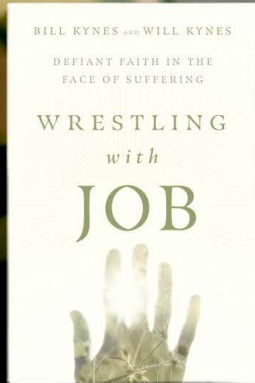
—COURTNEY REISSIG, author of *Glory in the Ordinary: Why Your Work in the Home Matters to God and Teach Me to Feel: Worshiping God Through the Psalms in Every Season of Life*



WENDY ALSUP is an author who encourages women to engage theology for themselves. She is the author of several books including *Practical Theology for Women*, *The Gospel-Centered Woman*, and *By His Wounds You Are Healed*. She also teaches math at a local community college and is editor at theologyforwomen.org.



[Request a review copy or interview.](#)



WRESTLING WITH JOB:

Defiant Faith in the Face of Suffering

[View Book](#)

“A unique father-son double act, this challenging and yet nurturing rereading of Job by the Kyneses—one a pastor and the other a scholar—leads to a profound mixture of a personal, pastoral touch and strong scholarly foundations that impart key information for understanding this complex biblical book. Informed by a rich airing of intertexts and imbued with a strong sense of Christian ministry to those who suffer, the book of Job comes to life afresh in these pages with humor, sensitivity, and a deep engagement with Scripture across both testaments.”

—**KATHARINE DELL, professor of Old Testament literature and theology at the University of Cambridge and fellow of St. Catharine's College, Cambridge**



BILL KYNES (PhD, Cambridge) has been the senior pastor at Cornerstone Evangelical Free Church in Annandale, Virginia, since 1986. He is a senior teaching fellow with the C. S. Lewis Institute and a member of the TGC Council and has been a Veritas Forum speaker. His books include *A Christology of Solidarity: Jesus as the Representative of His People in Matthew* and *Seven Pressing Questions: Addressing Critical Issues Confronting Christian Faith*.

WILL KYNES (PhD, Cambridge) is associate professor of biblical studies at Samford University. He has written extensively on the book of Job and wisdom and suffering in the Hebrew Bible. His books include *My Psalm Has Turned into Weeping: Job's Dialogue with the Psalms*; *An Obituary for “Wisdom Literature”: The Birth, Death, and Intertextual Reintegration of a Biblical Corpus*; and *The Oxford Handbook of Wisdom and the Bible*.



[Read a conversation on defiant faith with Will and his father Bill.](#)



[Request a review copy or interview.](#)