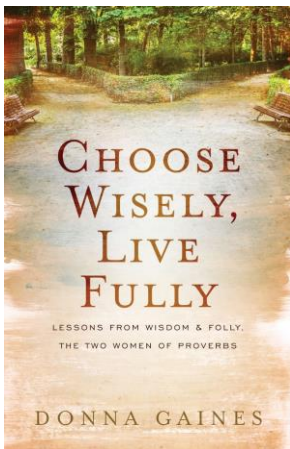


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# PRESS RELEASE

## Author challenges women to pursue Biblical literacy

*Choose Wisely, Live Fully* points to Proverbs 1–9 for wisdom and truth



**Seattle:** Fortune, fame and power mean nothing without Godly wisdom. King Solomon learned this in his day, and it is a truth that stands today. Author **Donna Gaines'** new book, ***Choose Wisely, Live Fully: Lessons from Wisdom & Folly, the Two Women of Proverbs*** (Abingdon Press/August 15, 2017/ISBN: 9781501834240/\$16.99), draws from the timeless wisdom of Proverbs 1–9 to help women apply the same principles in practical ways to the issues they face today.

Gaines harnesses her two passions, discipleship and literacy, to challenge women of all ages to become biblically literate. "God has not changed," Gaines writes. "So why do we keep repeating the same behaviors even though we can see no one has been able to sidestep God's laws or the consequences of breaking them? I am convinced the answer to that question is this: Most of us honestly don't know what God has said in the first place. . . . Biblical illiteracy is rampant."

The statistics support Gaines' position. According to Lifeway Research findings, 20% of churchgoers reveal they never read the Bible (and the same percentage claim to read it daily), which leaves 80% who have, at best, a marginal understanding of its teachings. That deficiency makes us vulnerable to propaganda, political slant and other influences that do not represent biblical truth.

*Choose Wisely, Live Fully* responds to this need for biblical literacy by looking intently at the lives of Wisdom and Folly, the two women described in Proverbs 1–9, and their contrasting worldviews. By unpacking the topics covered in these early chapters of Proverbs — truth, wisdom, folly, courage and beauty, to name a few — Gaines seeks to awaken a perpetual hunger for firsthand biblical truth instead of relying on someone else's interpretation of it.

Most importantly, *Choose Wisely, Live Fully* helps readers quickly identify that only God's Word is the food that satisfies this hunger for truth and reminds us a daily portion is required to be nourished and equipped with a biblical worldview. Written with a built-in study guide, the book includes thought-provoking questions and exercises that may be used for personal study, small-group study or mentoring study.

Gaines examines the blessings and curses associated with the choices made by the two women in Proverbs and equips readers to:

- discern the voice of God and follow His clear path between Wisdom and Folly.
- experience the joy of wholehearted obedience.
- let God help them mentor the lives of those around them in remarkable ways.
- understand what it means to be a godly woman, wife and mother.
- view mistakes as opportunities for growth.

A free downloadable resource on how to offer a mentoring program to help other women in their walk of faith is available at [www.abingdonpress.com/donnagaines](http://www.abingdonpress.com/donnagaines).

## Advance Praise

"*Choose Wisely, Live Fully* creates a beautiful launching pad from which women can not only learn but also share biblical truths that have the capacity to change their lives and the lives of generations to come. Donna and her daughters share personal stories and godly wisdom that bring the book of Proverbs alive. A teacher at heart, Donna skillfully equips women with practical tools to help those we love choose the path that leads to the abundant life Jesus promises, the path that will fill them with godly confidence, self-worth, purpose and direction."

~ Wendy Blight, author and writer for the Proverbs 31 Ministries First 5 app

"I love the Book of Proverbs. It weaves deep theology with the kind of practical handles a guy like me needs every single day. That's also why I love *Choose Wisely, Live Fully*. Donna Gaines does a great job balancing the unvarnished truth of Scripture with real-life application. That powerful combination can change your life — and the lives of those you love."

~ Dave Ramsey, best-selling author and nationally syndicated radio show host

## About the author



**Donna Gaines** is a speaker, author of *Choose Wisely, Live Fully*, *Seated: Living from Our Position in Christ* and *Leaving Ordinary: Encounter God Through Extraordinary Prayer*.

Gaines is the founder of Arise2Read, a nonprofit organization that recruits churches to adopt and provide tutors for inner-city elementary schools. She also teaches Bible study at her home church, Memphis-area Bellevue Baptist Church, in which her husband, Steve Gaines, Southern Baptist Convention President, pastors.

She is the mother of four and "Nonna" to ten grandchildren.

Learn more at <http://donnadgaines.blogspot.com> and follow her on [Twitter \(@donnadgaines\)](#).

## Suggested interview questions

- Women are often referred to Proverbs 31 when it comes to an example of being Godly wives and mothers. Why did you decide to focus instead on the first nine chapters of Proverbs and the women described as Wisdom and Folly?
- If you had to narrow it down, what are three of the most important lessons we can learn from the two women of Proverbs?
- Describe how fairytales from our childhood correlate to the longing for more we have as adults. How do we often wrongly pursue what will fill that emptiness?
- What is Biblical literacy, and how do you address modern Christians' lack of it in *Choose Wisely, Live Fully*?
- How does the general lack of Bible literacy in today's world create havoc in everyday life? What are some examples of hot-button issues further complicated by Christians not personally knowing what God has to say on the subject?
- Why is mentoring younger women in discipleship so important to you? Should every older woman actively aspire to be a mentor?
- Is it ok for a younger woman to search for a mentor instead of an older woman seeking her out? What should a younger woman look for in a mentor?
- What are some of the things you wish you had done differently when you disciplined your daughters in high school?
- How were your three daughters involved in the writing of *Choose Wisely, Live Fully*?
- *Choose Wisely, Live Fully* includes a built-in study guide. Is the guide intended for personal use or group study?
- Where can readers find your free downloadable resource on how to start a mentoring program?

**To request a review copy of *Choose Wisely, Live Fully*, to schedule an interview with Donna Gaines or for more information, please contact Audra Jennings, [audra@lifusegroup.com](mailto:audra@lifusegroup.com).**