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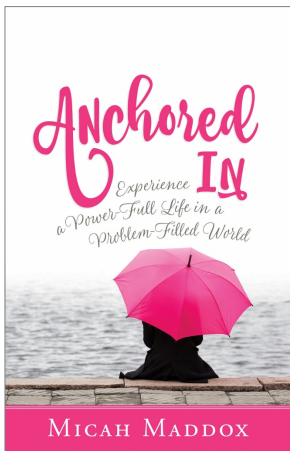


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## PRESS RELEASE

### Where does your anchor lie?

*Micah Maddox helps readers experience a power-full life in a problem-filled world*



**Seattle:** The world is rife with global and personal crises. News outlets report one troubling development after another. Within the home, studies reveal half of Americans feel financially insecure, more than half are unhappy in their jobs and divorce rates escalate with each subsequent marriage. When problems abound, it can feel as if God is far away. However, as **Micah Maddox** explains in **Anchored In: Experience a Power-Full Life in a Problem-Filled World** (Abingdon Press/September 5, 2017/ISBN 978-1501848674/\$16.99), these same trials can bring us closer to God if we change our way of thinking and focus on Him.

"Every day, we all anchor our lives in something. Sometimes we anchor our lives in our work, mothering, goals, desires and sometimes even our problems. I've learned I often allow my problems to take the center stage of my thinking and my life," Maddox confesses. "Anytime we allow anything other than God to take the focus of our hearts and minds, we are not living in the power God has provided for us to live in. God is

teaching me that living anchored in His presence is the only way to experience His power. Living anchored in means we willingly set aside every circumstance and problem of our lives and fully focus our hearts, minds and souls on the Savior, the Anchor."

*Anchored In* isn't a book of Christian clichés or sweet stories to warm the heart but rather an authentic look at the hard parts of life. Maddox explores God's power throughout our pasts and our present, while challenging us to look toward the potential power that awaits us. She shares personal stories and couples them with biblical application to offer real-life glimpses of God at work. She offers inspiration to live a life full of God's power rather than one that causes us to turn away and be paralyzed by problems.

"Our world is filled with problems such as corruption, upside-down finances, dishonesty, betrayal and plenty of other factors," Maddox writes. "If you were to look at it simply with your own eyes, you may wonder, *Where is God's power when I need it most?*" Abandoned by a father who, even later in life, did not want a relationship with her, Maddox has asked this question many times in her own personal journey. She walks readers through steps we must take — forgiveness, responsibility and accountability, to name a few — and provides practical questions to help us release the weights that stand in the way of experiencing the freedom God generously provides. Each chapter closes with a prayer that confesses our humanity when undertaking such a journey and petitions for power that comes as we embrace God's sovereignty.

There are a lot of people in the world who seek power in the human form, but *Anchored In* is about spiritual power and learning to live in tune to God's voice, direction and desire for our lives. Maddox hopes readers will realize God's power is available and accessible to each of them. She does not attempt to resolve the adverse circumstances of life; rather, Maddox offers a different approach to those circumstances, giving readers a new strength to manage them, rise above them and ultimately conquer them with a power that exceeds humanity's grip.

## Advance Praise

"When heartbreaking seasons shake us to our core, we often grab for everything other than God. But Micah tenderly reminds us page after page that Jesus is the only true Anchor who will hold us, steady us, and bring us through to the other side of every storm."

~ Lysa TerKeurst, *New York Times* bestselling author and president of Proverbs 31 Ministries

"As a friend and guide, Micah Maddox will walk with you through life's hard times and show you how, through God's power, you can get to the other side with greater freedom, strength and victory."

~ Holley Gerth, *Wall Street Journal* bestselling author of *You're Already Amazing*

## About the author



**Micah Maddox** is a women's conference speaker, Bible teacher, writer and blogger. She can now add "author" to her résumé with the release of *Anchored In: Experience a Power-Full Life in a Problem-Filled World*.

She loves helping women find encouragement when they don't know where to find it. While some women try to find it from a friend, a book or even a blog, Maddox knows real encouragement comes from within; it is a supernatural thing God gives us through the Holy Spirit. She tries to relay that message through her blog as "a girl who knows what it's like to seek God and get answers to some really hard questions."

Maddox is also passionate about helping women discover purpose, peace and calm in our chaotic world. As a pastor's wife and mother of three, she contributes her time to MOPs and her local church, including serving as a women's ministry leader.

The Maddox family makes their home in Fredericksburg, VA.

Learn more at [www.micahmaddox.com](http://www.micahmaddox.com). She is also active on [Facebook \(@micahmaddoxencouragement\)](#), [Twitter \(@MrsMicahMaddox\)](#) and [Instagram \(@rsmicah\)](#).

## Suggested interview questions

- What does it mean to live *Anchored In*?
- Why is it beneficial to reflect on the difficult times in our lives rather than simply putting the past in the past?
- What experience from your past played a major role in leading you to write *Anchored In*?
- What does it mean to live a power-full life in a problem-filled world?
- You write, "The power of God is not about avoiding the deep waters of life. It's about diving into them." How do we do that without feeling like we're drowning in our circumstances?
- What advice do you offer for those who are living in a "season of darkness" or a time when it does not feel as though God is present? Was there a time you found yourself in a time of deep darkness and doubt?
- Tell us about the "Praying God's Power" prayers you include at the end of each chapter. What part does prayer play in experiencing God's power?
- What are the steps required to anchor our thoughts in God's power rather letting our problems consume our minds?
- What wise words did your son tell you one night as you were tucking him in to sleep that resonated with you as you wrote the chapter on listening to God's voice?
- How do we allow God to define our dreams?
- Tell us about your journey into ministry, especially after being hurt through your father's decision to leave the ministry he was involved in.

**To request a review copy of *Anchored In*, to schedule an interview with Micah Maddox or for more information, please contact Audra Jennings, [audra@lifusegroup.com](mailto:audra@lifusegroup.com).**

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