

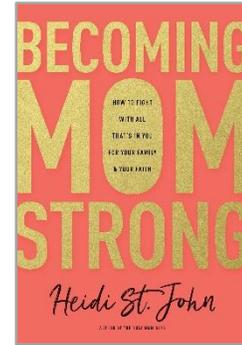


Media Alert

Becoming MomStrong

Have you ever looked into the faces of the people who call you “mom” and wondered what in the world you got yourself into?

If you're like many Christian moms today, you've been reading the headlines and watching the rapid-fire changes in our culture with frustration and fear. Let's face it: Moms today are facing questions that previous generations didn't even see coming, and even our right to determine what is best for our own children is under fire. Popular speaker and blogger Heidi St. John (The Busy Mom) believes that today's mothers need a special kind of strength. We need to be strong in the Lord and in the power of His might. We dare not rely on human strength for the battles we're facing right now. In *Becoming MomStrong*, Heidi has a powerful message just for you—the mom in the midst of it all. Through encouragement, practical prayer points, and authentic “me-too” moments, Heidi equips you for a job that only you can do: to train your children to hear God's voice and to walk in truth no matter where our culture is heading. God wants to use this generation of mothers to do something extraordinary:



- To be strong in the Lord
- To know who you are in Christ, and
- To impart that strength to your kids.

***MomStrong* is available for review, and Heidi St. John is available for interviews to discuss:**

- Motherhood is overwhelming, particularly in today's world. Seasoned mom and wise blogger, Heidi St. John, provides practical advice for moms to help them navigate motherhood.
- Moms today are facing questions that previous generations couldn't have imagined, and even their right to determine what is best for their own children is under fire. Popular speaker Heidi St. John (The Busy Mom) believes that today's mothers need a special kind of strength.
- As Christian culture and traditions are eclipsed by liberal values, Heidi St. John encourages moms to be strong in the Lord and in the power of His might. They dare not rely on human strength for the battles they're facing right now. This generation of moms needs:
 - To be strong in the Lord
 - To know who they are in Christ, and
 - To impart that strength to their kids
- Given the challenge of raising kids in modern culture, the Bible is as relevant and important as ever, as opposed to the opposite being true. How do Christian moms tap into timeless Truth to inform and equip them for this journey and establish a spiritual foundation in their children?
- In *Becoming MomStrong*, Heidi has a powerful message for moms in the midst of it all. Through encouragement, practical prayer points, and authentic “me-too” moments, Heidi



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equips moms to train their children to hear God's voice and to walk in truth no matter where our culture is heading.

- The challenges for Christian moms today are greater than ever before. Not only do they need to be concerned with raising healthy kids with solid values, they need to worry about raising kids with a faith strong enough to withstand the cultural messages coming at them every day, like: gender identity, sex before marriage and atheism.

About the Author



Heidi St. John is a popular conference speaker, author, and blogger at The Busy Mom, with over a million monthly page views. With a heart to convey encouraging, relevant, biblical truth for women, Heidi travels and speaks all over the country before audiences as large as 20,000. Heidi and her husband, Jay, are the founders and executive directors of Firmly Planted Family Ministries, a homeschooling discipleship organization. Heidi and Jay have been married more than 25 years; they have seven children (ranging in age from early elementary school to adult) and two grandsons. The St. Johns live in Washington State.

Interview Questions

- What is your hope for this book, *Becoming MomStrong*?
- Why did you decide to write this book? Why now?
- In our present culture, why do you think people need to hear this message?
- It's hard being a mom in today's world. What practical advice can you give moms in navigating motherhood in our present culture?
- You say that today's moms need a special kind of strength. Can you unpack that a bit for us?
- As traditional Christian culture and traditions are being eclipsed by more liberal values, what encouragement do you provide to moms?
- In many ways, our culture has walked away from God's design. What do you say to parents as they try to navigate this particular reality?
- In your book, you equip moms to train their children to hear God's voice and walk in truth, no matter where our culture is heading. Can you share a couple of specific tips?
- How do you hope your message will resonate with your readers?

***Becoming MomStrong* by Heidi St. John | ISBN: 978-1-4964-1265-2
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