

Transformed Not Conformed

Embracing a Life-Changing Approach to Spiritual Habits

By Missy Eversole

FINDING REST FOR YOUR WEARY SOUL IS SOMETHING TO BE ROUTINELY PRACTICED.

At the height of the pandemic, Athletes in Action offered struggling students a valuable resource titled “7 Disciplines to Practice During a Pandemic.” It pointed out that “without discipline and structure, this time can easily be wasted and you could be missing out on opportunities to spend time with God and experience His transformative grace.” The online ministry tool acknowledged the loss of canceled sports seasons while also encouraging young men and women to use the extra time to grow in their relationship with God through journaling, patience, devotional reading, scripture memorization, prayer, solitude, and fellowship.

Author Missy Eversole learned the power of drawing close to Christ through spiritual habits during a very different season of stress. At the time, she was a frazzled, busy mom who loved Jesus but struggled to find time for Him between school pickups, soccer practice, and everything she’d said yes to.

“For years, I carried a small, compact Bible in my purse, intending to read it during downtimes, such as in the pickup line while waiting for my children to exit the school building. Instead, it had become another object that I transferred from purse to purse.” One day while waiting for her sons in the school parking lot, she reached for her phone and felt God nudging her to grab her Bible instead. That was the first step of a journey toward embracing disciplines that transformed her life. She shares what she gained in her new book, *Transformed, Not Conformed: Embracing a Life-Changing Approach to Spiritual Habits*.

Filled with honest personal stories and relatable examples from Scripture, *Transformed, Not Conformed* offers a respite from society's demands to be Pinterest perfect, using a fresh approach to the spiritual disciplines. In addition to helping women create habits of Bible reading, meditation, prayer, silence, solitude, and fasting that they can stick with, Missy highlights the benefits of connecting with God through journaling and worship. Drawing from the hills and valleys of her own faith journey, Missy paves the way for igniting or reigniting a love for Christ and a hunger for Him that is truly life-changing.

*From "7 Spiritual Disciplines to Practice During a Pandemic" by Holly Murry, *Athletes in Action*. Found on <https://athletesinaction.org/articles/7-spiritual-disciplines-to-practice-during-a-pandemic/> on April 6, 2021.

ABOUT THE AUTHOR

Missy Eversole is a wife, a mom of two sons, author, and speaker. She and her husband, Craig, have been married for twenty-one years and live in Morton, Illinois. Missy earned a BS in Journalism from Ball State University and spent five years working for IDG Books Worldwide (now known as Wiley) in their special projects department. In 2018, she launched a blog to encourage women of all ages to "Be Bold. Be Courageous. Be Fearless." She volunteers as a contributing writer for Proverbs 31 Online Bible Studies and is a member of the volunteer leadership team for COMPEL. When she isn't writing, Missy enjoys reading, digging deep into God's Word, and Chick-fil-A sweet tea. She writes about her faith and family on her blog, MissyEversole.com.

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Suggested Interview Questions:

1. What do you consider the difference between spiritual disciplines and spiritual habits?
2. Why do you think it is so difficult for believers to develop spiritual habits and stick with them?
3. Of all the spiritual habits that you recommend in *Transformed, Not Conformed*, which one has had the most profound impact on your life? Which spiritual habit is the most challenging for you?
4. Which habits do you believe are the most neglected? Why do you think this is?
5. You accepted Christ as a young adult after growing up in “a mixed religion family.” How has your view of God changed throughout your life, and especially since developing habits of prayer and Bible reading?
6. In your book, you share a great story about how you got inspired to read your Bible while waiting for your kids in the school parking lot. What other creative ways have you come up with for finding time to pray or connect with God?
7. You spend a lot of time addressing our identity in Christ in your book. Why do you think believers struggle with this so much? Do you think women struggle more in this area?
8. Many women lead such busy lives. What would you say to that mom who tells you, “I don’t have time to read the Bible”?
9. Which spiritual habit would you encourage a person to adopt first? Why?