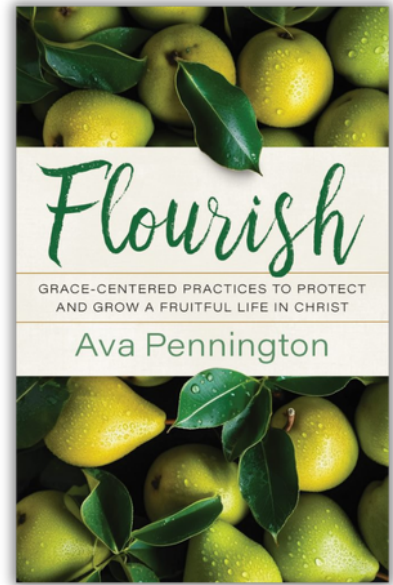


Flourish

Bible teacher Ava Pennington reveals how to reclaim and defend the fruit of the Spirit from the Enemy

The fruit of the Spirit is promised to every Christian, so why do so many believers lack love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control? For those dissatisfied with their level of spiritual maturity, those seeking tools and guidance to cultivate their relationship with God, and those looking to transform their lives, ***Flourish: Grace-Centered Practices to Protect and Grow a Fruitful Life in Christ*** is the perfect resource, designed to help readers grow in their faith journeys.

In *Flourish*, Pennington explores the nine attributes of the fruit of the Spirit as described in Galatians 5:22-23. Through insightful reflections, practical applications, and heartfelt stories, she guides readers to understand how these qualities reflect God's character and how they can be cultivated in everyday life. Each chapter provides a blend of biblical wisdom, personal anecdotes, and actionable steps to help Christians grow spiritually and live out their faith authentically.



Pennington brings her passion for sharing God's Word to *Flourish*. Known for her work on *Daily Reflections on the Names of God* and contributions to over 40 anthologies, including 31 *Chicken Soup for the Soul* titles, she draws on her extensive experience as a Bible Study Fellowship teacher and certified writing coach to craft a book that resonates with readers seeking spiritual depth.

"I wanted to identify why so many Christians still long for more love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control," says Pennington. "I wrote *Flourish* for believers to learn how to nurture growth in Christ, protect their fruitfulness, and share the harvest."

Flourish: Grace-Centered Practices to Protect and Grow a Fruitful Life in Christ

Ava Pennington

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